

Sedation Instructions: *After your Visit*

If requested by Dr. Midroni, the **Physician Examination Pre-Anaesthetic Form** (which can be downloaded from the **Forms** page under **Our Patients**) will need to be completed by your family physician prior to your sedation appointment. Print this form in the comfort of your home and bring to your MD/Physician to fill out.

The person who comes to take you home may have to wait until you are awake enough to leave the office. This waiting time is not always predictable. If we can call this person while you are waking up in the office, we can better estimate the pick up time. Once you arrive at your home, someone should remain with you for the rest of the day.

Remember, after you leave the office you are still under the influence of the anaesthetic medications. These medications will make you feel a little dizzy, drowsy and your responses will be slower than usual. You may also feel nauseous. After sedation and once you have arrived to your home, it is normal to sleep for several hours. Also, you may not remember any of the activities occurring immediately after your appointment. You must not drive a motor vehicle, operate any machinery, make any important business or personal decisions, or consume alcoholic beverages for 48 hours after the procedure. Avoid working around a hot stove or handling electrical appliances for 24 hours. You are strongly advised not to attempt to perform any task that requires skill, coordination, or judgment for the day of the sedation and the first day after the sedation. Rest at home for the remainder of the day as quietly as possible. You should not be supervising small children. It is also advisable to rest at home for the day after your sedation.

Eating after your procedure depends on the dental work that was performed. If tolerated it is important to try to drink fluids. Start with sips of clear fluids such as water, ginger ale, apple juice, Jello, or clear broth. Then try thicker fluids such as soup or pudding, or even mashed foods. After you have tolerated the fluids without nausea and vomiting, try to eat something light, soft and nutritious (such as pasta or eggs). It is common that your mouth may be fairly dry for the first day after your sedation.

On occasion, the intravenous site on your hand or arm is irritated due to the sedative medications. If your hand or arm is sore, apply a warm moist compress (towel with warm water). If the intravenous site becomes painful, red or swollen, please phone our office or Dr. Midroni directly (cell # 416 825-1311) for some further instruction and care. It is common that some bruising may develop around the intravenous site. This will resolve by itself. You may experience some nausea and mild vomiting episodes after the appointment. If you are vomiting frequently, please call our office or Dr. Midroni directly.

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Sedation Instructions: After your Visit (Continued)

If you are experiencing discomfort following your appointment, you may take your usual pain medication. If specific medications are prescribed for you, please have someone pick up these prescriptions for you and follow the directions on the label. If you are accustomed to taking medications regularly, please ask Dr. Midroni about taking them post-operatively (for example tranquilizers, sleeping pills, etc.).

If you have had a tooth removed, bite down gently on the gauze (provided) in order to control the slow bleeding. If you are unable to control the bleeding at home, insert a wet tea bag wrapped in gauze over the extraction site. Do not drink from a straw and avoid smoking for a day or two following your appointment. Do not rinse your mouth for 24 hours and try not to spit out. Only 24 hours after your tooth extraction should you rinse very gently several times a day.

If you require a note for your employer or for school, we will be glad to provide one. Please do not hesitate to call the office if you have any concerns regarding your care or treatment.

These instructions are to ensure your comfort, safety and welfare. Your cooperation is essential. If you have any last minute questions prior to your appointment, do not hesitate to call the office.