



Instructions for patients having dental treatment under sedation

You have been given an appointment for dental treatment under sedation. It is important that you observe the following instructions or your treatment may have to be postponed:

- + The sedative you will be given will reduce your anxiety and fear. You are likely to feel drowsy, disorientated and forgetful and therefore make you less aware of the dental treatment you will receive.
- + You must NOT starve before your appointment, ideally have something light to eat no less than 2 hours before your appointment time.
- + No alcohol should be consumed for at least 12 hours before your appointment.
- + You must be accompanied by a responsible adult, who will escort you home afterwards and who can stay with you for the remainder of the day. This person must look after you only, and not be responsible for any other adults or children.
- + If you are taking any medicines or tablets, they should be taken at the usual times, unless instructed to the contrary.
- + Any illness occurring before the appointment should be reported immediately, as this may affect your treatment.
- + Ensure nail varnish and false nails are removed before the appointment.
- + Your escort should take you home by private car rather than by public transport.
- + You MUST NOT drive any vehicle, operate machinery or use any domestic appliance for 24 hours after sedation.
- + You MUST NOT drink any alcohol, return to work, make any important decisions or sign any legal documents for 24 hours sedation.

If you follow these instructions you will find your treatment under sedation both pleasant and uneventful. Please feel free at any time to ask any member of staff any questions that you may have about your treatment.