

# Instructions for patients undergoing dental procedures with controlled sedation

**Arrive to the dental clinic 1 hour before the planned procedure.**

Make sure to take the filled and signed Questionnaire, Consent with sedation and Instructions with you.

## **Fasting:**

Liquids – do not drink anything at least 2 hours before the planned procedure, we suggest your latest drink could be approx. 2dcl of still water/tea/coffee/juice.

Meal – do not eat anything at least 6 hours before the planned procedure, we suggest your latest meal should be something light, as 1pc of pastry/fruit/yoghurt.

Do not drink alcoholic beverages the day before and do not smoke during the day of your planned procedure.

## **Your chronic medication:**

Do not omit your chronic medication the day before and the day of your planned procedure.

Inform your dentist, if your medication alters blood coagulation, function of platelets or is a “blood thinner”.

## **What will we do immediately before the onset of the dental procedure itself:**

We will put a cannula into a vein on your forearm or on the back of your hand.

The cannula will be connected to an infusion set and you'll be given a small dose of saline.

We will measure your blood pressure and pulse rate.

## **What will we do during the ongoing procedure:**

You will receive a carefully titrated intravenous dose of anesthetics and painkillers, delivered through a computer controlled linear dispenser, that will induce you to the state of psychological and physical relaxation and a mild sleep. We will keep you in this state during the whole dental procedure and we'll monitor your health condition continuously. After it's finished, we'll stop the anesthetic supply and in 5-10minutes you'll recover spontaneously.

## **What will you do after the procedure:**

You will stay for approx. an hour or two in the waiting room to make sure you are fully recovered from the sedation. After that the anesthetist will check your condition and your cannula will be extracted. Then you'll be free to leave, but we suggest you leave with an escort. We strongly advise against driving motor vehicles after the procedure, because your focus and attention can still remain reduced and influenced during the whole day!