



Instructions for IV Sedation

Please review these instructions completely during the week before your appointment.

Before Sedation:

1. Do not eat solid foods for a minimum of 8 hours prior to your appointment.
2. Clear fluids (water, clear fruit juice without pulp, carbonated beverages, clear tea, black coffee, no alcohol) are allowable up to 2 hours prior to your appointment. A good rule of thumb: if you can't see through it, don't drink it.
3. Do not take anything by mouth (other than your medication) in the 2 hours prior to your appointment. *(Very rarely the medications we use cause some nausea. It is important to arrive to your appointment with an empty stomach since vomiting while sedated is dangerous.)*
4. Wear comfortable, loose fitting clothing with short sleeves. You may be unsteady on your feet after the appointment, so wear flat shoes.
5. Please advise our office of any changes in your health such as a fever or flu-like symptoms prior to your appointment.
6. You must be accompanied home by a responsible adult. If this person is not waiting in the office during your appointment, please give the front desk their name and contact number(s) prior to the appointment.
7. It is necessary for you to pay for your appointment and sign any paperwork before you are sedated. Please come prepared.
8. Please remove your contact lenses before coming to the office.
9. Please remove all nail polish/press-on nails before coming to the office as they can interfere with our monitoring equipment.
10. For women of child bearing age: You must not be pregnant at the time of the procedure as any medications may pose a risk to a fetus. You must inform us if you think you may be pregnant so that your appointment can be rescheduled following your pregnancy or so that an alternate treatment plan can be considered.

During Sedation:

1. We will need access to your upper arm and fingers to attach monitors which will measure your blood pressure, heart rate and oxygen saturation continuously during the sedation.
2. The IV will usually be started in the back of your hand or the inside of your elbow.
3. This is not a general anaesthetic: you will not lose consciousness, you will be able to communicate with the dentist, you will be able to respond to instructions from the dentist. *(Though this is not a general anaesthetic, IV moderate sedation allows you to be comfortable and very relaxed, and you may even fall asleep. Many patients remember very little to none of their appointment or their trip home.)*

After Sedation:

1. You must be accompanied home by a responsible adult. You cannot take a bus home, and if you go home by taxi you must be accompanied by a responsible adult in addition to the taxi driver.
2. You may be given additional prescriptions at the end of your appointment. Please ensure the person accompanying you can fill your prescription for you.
3. Do not drive, operate hazardous machinery, make important decisions, drink alcohol or take any sleeping pills for a minimum of 24 hours after sedation, longer if drowsiness or dizziness persist.
4. Drink plenty of fluids following your appointment (no alcohol for 24 hours), and you may eat a meal of soft, low fat foods immediately after your appointment. It is important to have food in your stomach before taking antibiotics or pain medication.
5. You may experience bruising, irritation, or tenderness in the injections site(s) in your arm and/or hand. If so, apply alternating cool and warm compresses to the area to help reduce symptoms. Notify our office immediately if you have excessive pain or swelling in these areas.

IV moderate sedation is a powerful technique we commonly use to tackle dental anxiety. Doing so will allow you to move forward with the plan you have developed with your dentist and help you achieve your dental goals.

For any additional information, please feel free to call us at 613-749-1785



Post-Sedation Instructions

1. You must be accompanied home by a responsible adult. You cannot take a bus home, and if you go home by taxi you must be accompanied by a responsible adult in addition to the taxi driver.
2. You may be given additional prescriptions at the end of your appointment. Please ensure the person accompanying you can fill your prescription for you.
3. Do not drive, operate hazardous machinery, make important decisions, drink alcohol or take any sleeping pills for a minimum of 24 hours after sedation, longer if drowsiness or dizziness persists.
4. Drink plenty of fluids following your appointment (no alcohol for 24 hours), and you may eat a meal of soft, low fat foods immediately after your appointment. It is important to have food in your stomach before taking antibiotics or pain medication.
5. You may experience bruising, irritation, or tenderness in the injections site(s) in your arm and/or hand. If so, apply alternating cool and warm compresses to the area to help reduce symptoms. Notify our office immediately if you have excessive pain or swelling in these areas.

Questions about your sedation? Contact Dr. Sacha Singh 613-614-0215

Question about your dental procedure? Contact Dr Olivier Julien 819-205-7249