

# GumCare and Implant Specialists LLC

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## Instructions for IV Sedation Patients

Conscious sedation techniques such as intravenous (IV) sedation are often used for long term dental appointments such as those necessary for some periodontal procedures. They also help relax those individuals who may be apprehensive. The medications used for your sedation will not put you to sleep but will make you relaxed and give you a feeling of wellbeing. Your cooperation following a few simple instructions is vital to your safety and comfort.

Please abide by the following instructions the day of your scheduled appointment:

- **NOTHING TO EAT OR DRINK 6 HOURS BEFORE YOUR APPOINTMENT!**
  - **Your stomach must be empty by the time of your appointment.**
  - You may drink up to a few sips of water if thirsty. **Water only no other beverages.**
  - **NO FOOD** if you have a morning appointment. If you have an afternoon appointment, eat only a light breakfast early in the morning – **be sure to calculate the 6 hour rule!**
- You should take all prescribed medications unless otherwise directed to do so.
- You will need to take the rest of the day off. The effects of IV medications will last all day.
- Wear loose-fitting clothing, including an open neck and loose sleeves.
- You must have a responsible adult driver with you and that person must preferably remain in the building during your procedure. This adult will be required to drive you to your appointment, receive your post-operative instructions, and stay with you for up to three hours past your appointment. This adult will even be required to escort you to the restroom while you are recovering.
- **DO NOT** drive a car or operate any potentially hazardous machinery for the remainder of the day.
- **DO NOT** be responsible for small children after your appointment and for the remainder of the day.
- Defer any responsibilities, complicated tasks, or any decisions requiring fine judgment for the remainder of the day.
- **DO NOT** drink any alcoholic beverages for the 24 hours before and after your appointment.

Thank you, we look forward to serving you!

- Dr. Basta & Team