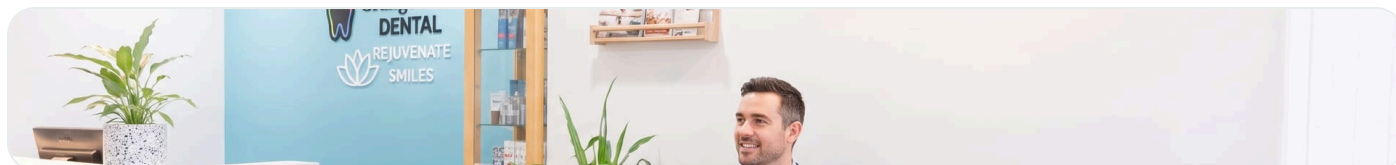




Getting ready for your sedation appointment

You have booked a visit with **minimal sedation**, sometimes called conscious sedation, which means you stay awake and able to respond the whole time. It simply helps you feel calmer and more comfortable while we look after your teeth. A little preparation is what keeps the day safe and smooth, so tick these off before you come in and again on your way home.



BEFORE YOU COME IN

- ☐ A **light meal** earlier in the day is fine, but nothing to eat or drink within **2 hours** of your appointment.
- ☐ **No alcohol** on the day, and avoid any recreational or non-prescribed substances, as these can interact with the sedation medication.
- ☐ Take your **regular prescribed medications** at their usual times unless we have told you otherwise, and let us know what you take.
- ☐ If you are having **oral sedation**, you take the tablet here at the clinic, about an hour before treatment. Nothing to take at home.
- ☐ Wear **loose, comfortable clothes**, leave jewellery at home, and remove contact lenses.
- ☐ Arrange a **responsible adult to escort you home**. Sort this out in advance.
- ☐ Feeling **unwell on the day**? Please tell us, as it may affect your treatment.

AFTER YOUR APPOINTMENT

- ☐ Stay with us until you have **recovered enough to leave**. We will not rush you.
- ☐ Be **escorted home by a responsible adult** and supervised for several hours.
- ☐ **Rest for the remainder of the day** and avoid anything strenuous.
- ☐ If hungry, a light meal is fine. Avoid hot food and drinks while your mouth may still be numb from the **local anaesthetic**.
- ☐ Leave **work, important decisions and signing documents** until the day after.

THE TWO THAT MATTER MOST

Have a **responsible adult escort you home**, and **do not drive or operate heavy machinery until the day after** your appointment. These two are not negotiable, and they are what keep a sedation visit safe.

Looking after your jaw: a longer procedure can leave your jaw feeling stiff or achy for a day or two. That is normal and usually settles on its own. A few gentle jaw exercises help ease it along. See grangeroaddental.com.au/blog/jaw-exercises-for-dental-patients.