



## **Pre-operative Instructions – Oral Sedation**

---

**Babak Najafi, DDS, MDS, FRCD(C)  
Periodontist**

**Oral sedation is the use of particular medications in dental office in order to make you calm and relaxed for a dental procedure, but not completely asleep. These instructions must be read and strictly followed prior to commencing with oral sedation for your dental procedure.**

### **Designate a Driver**

**A responsible adult must accompany and drive you back after the procedure. Please report to the office one hour prior to your scheduled dental appointment.** Your escort is required to be in the reception area during the surgery and have you under direct supervision for the first day after the procedure.

### **Health History**

Your health history can affect your care plan, so make sure to **disclose your medical condition to your dentist** as well as an updated list of your current and past medications. Factors like alcohol consumption and smoking can alter the effectiveness of sedation medications. Please inform your dentist of any habits you may have. You should take all your other medications as usual according to your physician, unless instructed otherwise by your physician/dentist.

### **Eating and Drinking**

**No eating/drinking within the 4 hours prior to your procedure.** Please remember to have a light meal 4 hours prior to your dental appointment. Remember to use the restroom prior to your dental appointment. **Please avoid drinking alcoholic beverages before and after your dental procedures.** Drinking alcoholic beverages may lead to serious complications, while taking oral sedation medications.

### **Post-op Instructions**

The effects of sedation medications may last up to 5 – 6 hours after the treatment is done. You may not remember the details of the dental appointment due to the effects of sedative agents. You should not drive or operate heavy machinery for 24 hours. Please take it easy for the rest of the day. **Be sure to stay hydrated and drink lots of fluids (cold water and juice) after the dental procedure.**

Please confirm your appointment 2 days prior to surgery to avoid cancellation of your scheduled appointment.

---

*Patient/Legal Guardian Signature*

---

*Date*