

# GRANDVIEW DENTAL CARE

## SEDATION PRE/POST INSTRUCTIONS

**Prior to your dental appointment you should read and adhere to the following guidelines to ensure a pleasant and successful appointment:**

- Do not eat solid foods 2 hours prior to your appointment, but do please eat a light meal on the day of your appointment. Some medical conditions or patients under physician orders and taking certain medications are exceptions. Please ask the doctor if this applies to you.
- You can drink clear liquids up until your appointment (such as coffee, tea, pop, non-pulp containing juices, jello, non-cream popsicles and water).
- It is best to be well hydrated leading up to IV administration.
- Continue your prescription medications as you normally do unless otherwise directed.
- ***Wear comfortable, loose fitting clothing to your appointment.***
- Please do not wear fingernail polish to your appointment, as this interferes w/ the device that we use to monitor your oxygen level. If you do wear polish to your appointment, you may be asked to remove it from 1-2 fingers before we begin.
- **By law, we are not allowed to release you unless accompanied by a responsible and physically capable adult, so please make arrangements to have a responsible adult pick you up from your appointment and stay with you for at least a couple of hours after you get home.**

### **After your appointment:**

- It is best if someone is able to stay with you for the first few hours after you arrive home since you will most likely still be groggy.
- Medications are in your system for 24 hours after the last dose of medication is administered by the doctor. Do not drive, operate machinery or make important decisions for at least 24 hours. Your memory will be compromised during this recovery time. This is normal and temporary. Drink lots of fluids but refrain from alcohol for 24 hours.
- You can eat right away if you want. A meal, however, may re-sedate you. You may feel somewhat re-sedated in any case throughout the next 24 hours and especially in the few hours after your appointment. This is normal. Rest at home in the accompaniment of a responsible adult. Restart regular medications and take pain prescriptions as directed.
- Your face and tongue may still be numb, so be careful not to bite your cheek or your tongue and avoid burns by consuming moderately warmed food and beverages.

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