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### **Steps for a pleasant & successful sedation appointment**

1. Don't eat solid food 8 hours before your appointment. Some medical conditions or patients under physician's orders and taking certain medications are exceptions.
2. Water is permitted up to 6 hours before your appointment. For washroom logistics, try not to overconsume fluids.
3. Please wear a sweater with a t-shirt or tank top underneath to allow us to remove your left arm from the sweater for the blood pressure cuff. It is advised to dress warm as the sedation tends to make you cold. We do also have warm blankets for your comfort.
4. Plan ahead. By law we are not allowed to release you unless accompanied by a responsible and physically capable adult. **Day of treatment you MUST be supervised & released to a responsible adult. We MUST have a contact number if escort is not going to be present in the office at the time of treatment!**
5. You cannot drive for 24 hours. Plan alternative business & transportation arrangements until the next day. You will probably feel great but you're still legally impaired.
6. Please bring your health card for prescriptions.

### **After your sedation appointment**

1. Medications are in your system for 24 hours. **DO NOT DRIVE**, operate machinery or make important decisions for 18-24 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.
2. You CAN eat right away. A meal however, may re-sedate you. In any case, you may feel somewhat re-sedated a few hours later and this is normal. Rest at home in the accompaniment of a responsible adult. Restart regular medications and take pain prescriptions as directed.
3. Your face and tongue may still be numb. Avoid burns by consuming moderately warmed food and beverages. Parents; observe your children carefully for signs of lip, tongue or cheek biting.
4. We call to see how you're feeling and answer your questions the following day but if you or your family have any concerns in the meantime, we can be reached at 519-748-2313 or go to the hospital emergency.

*Dr Bilal Smaily HBsc, DDS*

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