

## ORAL CONSCIOUS SEDATION: INSTRUCTIONS FOR COMPANION

**PLEASE DRIVE THE PATIENT DIRECTLY HOME AND CALL THE OFFICE WHEN YOU ARRIVE AND THE PATIENT IS COMFORTABLE AND SAFE.**

TO ENSURE THE SAFETY AND COMFORT OF THE PATIENT AFTER CONSCIOUS SEDATION, THE FOLLOWING INSTRUCTIONS MUST BE FOLLOWED:

### Restricted activities

- Patient must not drive for 24 hours after taking sedation medication.
- Patient must not operate any hazardous devices or do any heavy lifting for 24 hours.
- Patient should not go to work or make any important decisions for 24 hours after the appointment.
- Patient must not engage in any activities that require coordination for 24 hours after the appointment.
- Patient should not carry, sleep next to or be left alone with young children for a period of no less than 24 hours after the last dosage of sedation medication.
- Nursing mothers should discard breast milk for 1 day after sedation appointment.

### Supervision

- Patient may seem alert when he/she leaves. This may be misleading - do not leave the patient alone. A responsible person should be with the patient until he/she has fully recovered from the effects of the sedation, usually a minimum of 12 hours.
- Always hold the patient's arm when walking.
- Patient should not go up and down stairs unattended. Let the patient stay on the ground floor until recovered.

### Nutrition and Hydration

- Having nutrition after sedation is important. The patient should begin eating appropriate food as soon as possible. Please ask a member of the dental team what food would be appropriate, as this may vary based on the dental treatment.
- Patient needs to drink plenty of fluids as soon as possible and stay hydrated, at least 6 glasses of water the rest of the day after the appointment.

### Medication

- Patient should not take any sedatives or stimulants for 24 hours after the appointment (including alcohol, caffeine or nicotine).
- Patient should refrain from taking regular medications for 12 hours after the appointment.
- Patient should take medication as prescribed by the dentist for pain management and infection prevention.

### Side Effects

Most patients using this medication do not have serious side effects. Some patients have reported getting out of bed and sleepwalking, driving, eating or talking on the phone while not fully awake. Often they do not remember these activities. This problem can be dangerous to the patient or to others. The risk for these activities is increased with the use of alcohol or other medications that causes drowsiness.

Patients should seek medical attention if any of these unlikely but serious side effects occur: confusion, unusual feelings of well-being (euphoria), uncontrolled movements (tremor), restlessness, memory loss, sweating, mental/mood changes (e.g., hallucinations, agitation, anxiety, unusual/disturbing thoughts, depression, rare thoughts of suicide), increased or vivid dreams, vision changes, fainting, signs of infection (e.g., fever, persistent sore throat), unusual paleness, unusual tiredness, fast/pounding/irregular heartbeat, yellowing of the eyes/skin, dark urine.

A very serious allergic reaction to this drug is unlikely, but seek immediate medical attention if it occurs. Symptoms of a serious allergic reaction may include: rash, itching/swelling (especially of the face/tongue/throat), severe dizziness, trouble breathing. If you feel that your symptoms warrant a physician and you are unable to reach us, go to the closest emergency room immediately.

Following most surgical procedures there may or may not be pain, depending on the patient's threshold of pain. The patient will be provided with a prescription for appropriate medication for discomfort. In most cases, a non-narcotic pain regimen will be given consisting of acetaminophen (Tylenol) and ibuprofen (Motrin). If a narcotic has been prescribed, follow the directions carefully. If you have any questions about these medications interacting with other medications the patient is presently taking, please call our office, your physician and/or your pharmacist.

**IF FOR ANY REASON YOU ARE CONCERNED ABOUT THE PATIENT'S CONDITION, NOTIFY DR. GREWAL OR A MEMBER OF OUR OFFICE STAFF IMMEDIATELY BY CALLING THE NUMBERS BELOW IN THE ORDER LISTED.**

Office (403) 248-2948

Foothills Regional Hospital: (403) 944-1110

➔ **COMPANION SIGNATURE:** \_\_\_\_\_

**DATE** \_\_\_\_\_