



**Pre-Operative Instructions for  
Intravenous Sedation**

DO NOT ATTEMPT TO DRIVE YOURSELF TO THE OFFICE. IT IS ABSOLUTELY ESSENTIAL THAT YOU HAVE A RESPONSIBLE ADULT BRING YOU TO THE OFFICE, STAY IN WAITING ROOM DURING YOUR SURGERY, DRIVE YOU HOME, AND CARE FOR YOU THE DAY OF THE SURGERY. THE PERSON DRIVING THE AUTOMOBILE MUST STAY IN THE OFFICE AS WELL, EVEN IF THIS PERSON WILL NOT BE CARING FOR YOU THAT DAY. WE CAN NOT DO THE PROCEDURE IF THE CAR YOU ARRIVED IN LEAVES FOR ANY REASON.

- You need to arrange to have someone at home with you the afternoon and night of surgery.
- **Do not eat or drink anything after midnight the night prior to surgery.** If medication is taken prior to surgery, swallow it with only a small amount of water.
- If you are a minor, at least one parent or guardian must be with you.
- Get a good night's sleep before your surgery. Be rested and hydrated.
- Bring your insurance information, and method of payment. If you have documentation and x-rays in your possession, make sure to bring them with you to your appointment.
- **Know your appointment time and be there a few minutes early.**
- Plan for a soft food diet (such as luke warm soups, ice cream, mash potatoes, scrambled eggs, and pasta) for the day of the surgery.
- You should wear loose fitting, comfortable clothing with short sleeves. Do not wear a tight collar or necktie. Also, you should try to empty your bladder immediately prior to surgery.
- Do not wear any jewelry.
- Have hair tied back into a braid or a pony tail.
- No acrylic nails or nail polish to be worn day of procedure.
- The profound effects of the sedation will subside prior to your discharge from the office. However, you should plan to go home and take it easy for the remainder of the day. **ABSOLUTELY NO DRIVING THE DAY OF YOUR SURGERY OR WHILE TAKING PAIN MEDICATION.**
- Activity level after - a certain amount of bleeding, pain and swelling is normal. Reducing your activity as much as possible for several hours minimum will help with this. Plan to be foggy-headed up to 24 hours after extractions if you've had surgery in which you were "asleep".
- The removal of impacted wisdom teeth and surgical extraction of teeth is quite different from the extraction of erupted teeth. Removal of impacted teeth is a surgical procedure. Post-operative problems are not unusual, and extra care must be taken to avoid complications.

**The following conditions may occur - all of which are normal:**

- Discomfort may include stiffness of the muscles which open your mouth, and discomfort in swallowing.
- Swelling of the surgical area peaks on the 2<sup>nd</sup> or 3<sup>rd</sup> post-operative day. It is not unusual to develop bruising in the area of extraction. Apply ice bags as directed.
- There is a space where the tooth was removed. After 24 hours this area can be rinsed with warm salt water. This cavity will gradually (over weeks or months) fill with new tissue.
- Your other teeth may ache. This is referred pain and is a temporary condition.
- Numbness of lips and/or tongue on the affected side may be experienced for a variable time period.
- Other symptoms may include a slight earache or a sore throat may develop. There may be a slight elevation in body temperature for 24-48 hours. If temperature continues, notify the office.
- If you develop a cold, sore throat, upset stomach, diarrhea, fever blisters, or anything abnormal prior to surgery, please notify us as soon as possible.

Patient Name: \_\_\_\_\_

DOB: \_\_\_\_\_

Signature: \_\_\_\_\_

Relationship: \_\_\_\_\_

Date: \_\_\_\_\_