



Pre-Treatment Instructions for  
**Oral Sedation**

**On the Day Before Your Appointment:**

- Take the sedative medication an hour before bedtime.
- No smoking. This affects the level of sedation during your treatment and can negatively affect your comfort level during the appointment. This includes cigarettes, marijuana, and vaping.
- No alcohol. Alcohol is already a sedative, and we can't predictably sedate you if you've had any.
- Don't take narcotics or other sedatives unless instructed to do so.
- Take other medications we've prescribed for you, if necessary.

**On the Day of Your Appointment:**

- No food 6 hours before. Digestion will limit the sedative's effectiveness.
- Take the sedative medication an hour before your appointment.
- It is essential that you have an escort drive you to the office!
- Leave jewelry and watches at home.
- Don't wear contact lenses.
- Wear short sleeves and comfortable clothing.

**To Help You Relax Further 🧘**

- We provide entertainment on the TV above your chair. This includes live TV, Disney+, Hulu, and ESPN.
- We can provide a heated blanket.
- You can bring your own music and headphones.

**Failure to follow these instructions can compromise the safety of the procedure. In most cases, we'll be unable to proceed.**

If you need answers beyond what this handout can provide you,  
call or text the office at (585) 360-0202.



## Post-Treatment Instructions for **Oral Sedation**

### **What to Expect:**

- You'll be dismissed from the office once we feel you can recover safely on your own, without our equipment.
- The effects of the medication may last for several hours after the appointment has ended.
- You may appear alert when you leave the office. You probably aren't.
- You'll likely feel groggy for the rest of the day. Take it easy. Consider this a "day off" from your everyday lifestyle.
- We'll call you the evening of the procedure to ensure that you're okay.

### **Things You Should Do:**

- A responsible person should accompany you whenever you're moving from place to place. This person should hold your arm to maintain your balance until you're 100%.
- Go directly home after the appointment. You must be driven home by someone who will be able to monitor your recovery.
- Have someone contact our office to inform us that you made it home safely.
- Drink plenty of water to prevent dehydration and the headaches that can come from being sedated.
- Eat as soon as you can do so without harming yourself. Wait for the numbness to wear off first (usually within 2 hours).

### **Things You Shouldn't Do:**

- Don't drive or operate any hazardous devices or machinery for 24 hours.
- Don't use stairs until you've fully recovered from the effects of sedation.
- Don't make any important decisions.
- No alcohol, coffee, or caffeine until the following day. Stimulants can make you feel more uncomfortable while under the effects of the sedative.

**If you need answers beyond what this handout can provide you,  
call or text the office at (585) 360-0202. Get well soon!**