

Surgery with intravenous and/or nitrous oxide sedation

Patient information prior to surgery.

We use sedation to promote relaxation and reduce discomfort.

Sedation by intravenous means consists of administering medication through a vein, while nitrous oxide is a technique of sedation whereby a “laughing gas”, otherwise known as nitrous oxide, is administered via a mask positioned around your nose.

It is of utmost importance to follow the instructions below:

- Fasting 8 hours minimum prior to your surgery.
- Medications prescribed to you by our office can be taken with small sips of water within the recommended times prior to your scheduled surgery. Clear liquids are allowed up to 3 hrs prior to your surgery, such as: orange juice (no pulp), apple juice, cranberry juice, grape juice, black coffee (no cream or milk), ice tea, Gatorade, Powerade.
- Consuming cannabis and /or tobacco products as well as recreational drug use may have harmful effects during IV sedation. Please avoid 48 hrs prior to your scheduled surgery.
- Avoid wearing nail polish for this can affect our monitors. Please let 1 finger of each hand without nail polish.
- Remove piercings inside and around the mouth if possible.
- It is preferable to wear loose clothes for your comfort. Short sleeves are preferred to allow better access to place the intravenous catheter and monitors.
- If you are diabetic, ideally schedule an early appointment and review your medication with your surgeon.
- Please advise our team if you suffer from sleep apnea and/or are on CPAP.
- If you are pregnant, it is **very important** to advise your surgeon.

Instructions after surgery under intravenous sedation.

The medications given remain in your body, it is therefore very important to follow the following instructions.

- ❖ You must be accompanied by a responsible adult who is obligated to stay with you the entire day.
- ❖ You must leave by car, taxi /uber, with a responsible individual who will accompany you. You may not leave by other means of public transportation.
- ❖ Rapid changes in position may create dizzy spells, therefore, be vigilant when changing positions.
- ❖ Avoid driving a car for a minimum of 24 hours after surgery.
- ❖ Avoid alcoholic beverages and cannabis /tobacco products for 24 hours after surgery.
- ❖ Rest at home with your head slightly elevated for the remainder of the day.
- ❖ Nausea /vomiting may be possible side effects after surgery.

Signature of patient or designated representative

Date: ____ / ____ / ____
DD MM YY