

CARE INSTRUCTIONS

nitrous oxide inhalation sedation

pre-op and post-op instructions

1. Do not eat or drink **ANYTHING** 4 hours before your appointment.
2. A light meal (e.g. toast, bagel, muffin, fruit) with clear liquids (e.g. water, fruit juice without pulp, carbonated beverages, clear tea, black coffee) is recommended to be eaten 5-6 hours before your appointment. Avoid fatty, fried, or greasy foods.
3. If you take any regular daily medication, you should take them at your usual times with a few small sips of water unless your dentist has told you not to.
4. Do not drink alcohol, take any recreational drugs, or take any other sedative prescription medication in the 24 hours before your appointment. These may be dangerous because they can affect how you react to the sedation.
5. Wear loose, comfortable clothing and short sleeves for your appointment to allow placement of the safety monitoring equipment (i.e. blood pressure cuff).
6. Do not wear nail polish, shellac, or acrylic nails. A small clip will be placed on your finger to monitor your pulse and oxygen, and it does not work well on polished or artificial nails.
7. You may drive yourself to and from your appointment. The effects of the nitrous oxide usually wear off a few minutes after treatment, at which point you can return to your normal daily activities, including driving.
8. If you develop any illness, especially any difficulty breathing through your nose (e.g. congestion, cold, flu), please let us know immediately, as we may need to reschedule your appointment.