



Pre- and Post- Sedation Instructions

Pre-Sedation Instructions

To ensure your safety and comfort, please follow these instructions before your sedation appointment:

- ✓ Arrange for a responsible adult to accompany you home. You will not be allowed to leave unaccompanied.
- ✓ Have a light meal before sedation. Avoid heavy or greasy foods.
- ✓ Do not consume alcohol or recreational drugs from the night before your sedation until 24 hours after. These substances can interfere with sedation and your recovery.
- ✓ Take your prescribed medication as normal unless advised otherwise by your dentist or sedationist.
- ✓ Remove any nail varnish from your nails. This allows us to monitor your oxygen levels accurately.
- ✓ Wear comfortable, loose-fitting clothing. Avoid tight sleeves as we may need access to your arms for monitoring.

Post-Sedation Instructions

After your sedation, please follow these important guidelines for a safe recovery:

- ✓ Rest for the remainder of the day. Avoid strenuous activities and drink plenty of fluids.
- ✓ Do not drive, operate machinery, or make important decisions for 24 hours. Sedation can affect your judgment and coordination.
- ✓ Do not consume alcohol or recreational drugs for 24 hours. These substances can interact with sedation medication and affect your recovery.
- ✓ Avoid online shopping and social media for 24 hours. Your judgment may be impaired.
- ✓ Do not breastfeed for 24 hours to ensure that the sedation medication has fully left your system.
- ✓ Follow your dentist's aftercare advice. Stick to recommended pain relief and hygiene instructions.
- ✓ Your escort must stay with you for 24 hours. You may feel drowsy, so it's essential to have someone monitor you.

Please contact us if you have any questions.



London & Kent Sedation

Your Trusted Sedation Partner



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