



## Pre-Operative Instructions for IV Sedation

*For the safety of our patients, the following Pre-Operative instructions for IV sedation must be followed VERY carefully.*



### FOOD + BEVERAGES

- > It is essential NOT to eat anything 8 hours prior to your scheduled surgery.
- > You are allowed to have clear liquids only up to 4 hours prior to your surgery.
- > Do NOT drink alcohol 24 hours prior to your scheduled surgery.

### MEDICATIONS

- > You may take routine medications that are needed for any conditions you may have as long as they have been discussed with Dr. Esmail or Dr. Girn prior to your surgery. Only a sip of water is recommended.

### CLOTHING + CONTACTS

- > Wear a short-sleeved T-shirt for the appointment.
- > Patients should avoid wearing makeup and lipstick. Nail polish must be removed from the index finger on both hands so that the monitoring equipment can function properly.
- > No contact lenses.

### SMOKING

- > Stop smoking at least 12 hours (or more if you can) before surgery.

### TRANSPORTATION

- > Arrange for a responsible adult to pick you up and drive you home after the procedure. For safety reasons, you will not be allowed to leave the surgery office without an escort after IV sedation.
- > Public transportation (bus or skytrain) is not an option. Taxi or Uber with an accompanying adult is ok.



### CHANGE IN HEALTH STATUS

Please contact our office at 604 336 5626 if you have any changes in your medical health or develop symptoms of a cold or flu.

*Please contact us at 604 336 5626 with any questions.*



## Post-Operative Instructions for IV Sedation

*For the safety of our patients, the following Post-Operative instructions for IV sedation must be followed VERY carefully.*



### DISCHARGE FROM OFFICE

- > Have a companion drive you home after the IV sedation.
- > Have an adult stay with you for the next 24 hours until the effects of the IV sedation have worn off.

### TRANSPORTATION FROM OFFICE

- > Public transportation (bus or skytrain) is not an option. Taxi or Uber with an accompanying adult is ok.

### FOOD + BEVERAGES

- > Drink lots of clear liquids for 30 min to 1 hour after IV sedation. Start introducing thick liquids and soft, mushy foods.
- > Do NOT eat a heavy meal immediately after IV sedation.
- > Do NOT eat or sleep with the gauze in your mouth. This is a choking hazard, or an aspiration risk, so remove before sleeping.
- > Do NOT smoke or drink alcohol following the administration of IV sedation.

### MEDICATIONS

- > Take medications prescribed by Dr. Esmail or Dr. Girn. Do NOT take any other medications for the rest of the day unless they have been discussed and approved by either doctor.

### ACTIVITY RESTRICTIONS

- > Don't perform any hazardous activities. Do NOT drive or operate heavy machinery for 24 hours.
- > Do NOT make any important decisions for at least 24 hours until you are mentally alert.
- > If you experience nausea, lie down for a while. If the symptoms get intense contact our office.











### PROBLEMS

Please contact our office at 604 336 5626 if you have any unusual symptoms or feel any discomfort.

*Please contact us at 604 336 5626 with any questions.*



### Week One in Review

	1	Once home, take the gauze pads out and rest with an ice pack (30 min on, 30 min off).
	2	Eat something and take medication only as needed and directed.
	3	Use ice packs for two days to reduce swelling, then switch to a heat pack on the third day.
	4	Take it easy and relax around the house for a couple of days.
	5	Maintain a soft diet this week, and do not use straws.
	6	The day after surgery start brushing and do warm salt water rinses.
	7	No heavy lifting or strenuous activity for one week. (Dr. excuse notes are available upon request.)
	8	Call us anytime with questions or concerns at 604 336 5626.

### Common Bleeding Concerns

It is common for bleeding to continue for a few hours after simple extractions and for several hours (6-10) after more complex surgery such as removal of impacted teeth. Mild spotting of blood on the gauze is not of concern. Intermittent bleeding or mild oozing is normal up to 72 hours following surgery. Placing fresh gauze over the surgical areas and biting down firmly for 30-60 minutes may control the bleeding. If the area continues to ooze without relief, or becomes heavy, you may substitute a tea bag (soaked in hot water, squeezed damp-dry) for 30 minutes.

**If bleeding still persists, please contact our office immediately.**



*Please contact us at 604 336 5626 with any questions.*