



Dental Sedation Procedures



For Patients Undergoing Sedation During Procedures

Instructions for sedation are given at the consult appointment to ensure a successful sedation experience. Please review prior to your appoint.

About Eating & Drinking Before Your Visit

Do not have anything to eat 6 hours prior and nothing to drink 3 hours prior the appointment.

About Smoking Before Your Visit

Do not smoke prior to treatment. Nicotine levels in your blood will affect your sedation experience.

- **Less than ½ a pack a day?** Refrain from smoking for 12 hours
- **½ to full pack a day?** Refrain from smoking for 8 hours
- **1 to 1 ½ pack a day?** Refrain from smoking for 4 hours
- **More than 1 ½ packs per day?** Smoke right before coming to the office

About the Use of Alcohol or Narcotic Drugs

Do not consume Alcohol or Narcotic drugs prior to sedation appointment. We cannot safely sedate you if you have consumed alcohol, narcotics of any type or any recreational drugs.

About the Use of Caffeine

No caffeine for 12 hours consuming caffeine will limit your level of sedation. Sources of caffeine include coffee, tea, iced tea, energy drinks, Mountain Dew, Pepsi, etc.

About Contact Lenses

Do not wear contact lenses.

What to Wear

Wear light-weight comfortable clothing, with short sleeves.

Have a Responsible Escort

Ensure you have a responsible adult to bring you to the appointment, drive you home after, and remain with you for the duration of the day. If you do not have an escort we will be unable to perform treatment.

PLEASE CALL US AT (604) 849-6933 WITH ANY QUESTIONS OR CONCERNS