



Oral Sedation / IV Sedation Pre-Operative and Post - Operative Instructions

If you need assistance during non-business hours, please text us at (469) 907-5250.

This is the same number used for appointment confirmations. Messages are checked periodically after hours.

Before Your Sedation Appointment

Sedation dentistry helps patients feel calm and comfortable during treatment. To ensure your safety, it is extremely important that you carefully follow all instructions below.

Pregnancy Notice: For the safety of both mother and baby, oral sedation and IV sedation are not recommended during pregnancy. Please inform our office immediately if you are pregnant, think you may be pregnant, or are currently breastfeeding before your appointment.

Eating & Drinking Instructions

Oral Sedation / IV Sedation

- **Do NOT eat solid foods for at least 8 hours before your appointment**

Examples of Clear Liquids:

- **Water**
- **Apple juice**
- **Black coffee (no cream)**
- **Clear sports drinks**

⚠ **Avoid:**

- **Milk**
- **Creamers**
- **Smoothies**
- **Alcohol**

Failure to follow fasting instructions may result in cancellation of your appointment for safety reasons.

Medication Instructions

- **Take all regular medications unless otherwise instructed by Dr. Sheikh**
- **If you use:**
 - **inhalers**
 - **blood pressure medication**
 - **seizure medication**
 - **heart medication**

please take them as directed unless specifically told otherwise.

Bring a list of all medications with you to your appointment.

Escort Requirement

⚠ A responsible adult **MUST**:

- **Drive you to the appointment**
- **Remain in the office during treatment**
- **Drive you home afterward**

You will NOT be allowed to drive yourself home after sedation.

If you arrive without an escort, your appointment may need to be rescheduled.

Clothing & Preparation

Please:

- **Wear comfortable, loose-fitting clothing**
- **Avoid heavy makeup or facial lotions**
- **Avoid wearing contact lenses if possible**
- **Remove nail polish or acrylic nails from at least one finger if possible (for monitoring equipment)**

Smoking & Alcohol

Avoid:

- **Smoking or vaping for at least 24 hours before surgery**
- **Alcohol for at least 24 hours before surgery**

These increase risks during sedation and may delay healing.

What to Expect During Sedation

Depending on the type of sedation used, you may:

- **Feel very relaxed or sleepy**
- **Remember little or none of the procedure**
- **Drift in and out of sleep**

This is normal and expected.

Oral Sedation / IV Sedation Post-Operative Instructions

Immediately After Sedation

You may feel:

- **Drowsy**
- **Groggy**
- **Unsteady**
- **Emotional**
- **Forgetful**

These effects are normal and may last for the remainder of the day.

IMPORTANT RESTRICTIONS FOR 24 HOURS

For your safety, DO NOT:

- **Drive**
- **Operate machinery**
- **Drink alcohol**
- **Sign legal documents**
- **Make important decisions**
- **Stay home alone**
- **Care for small children alone**

⚠ A responsible adult should remain with you for the rest of the day.

Eating & Drinking After Sedation

Start with:

- **Water**

- **Juice**
- **Soft foods**
- **Light meals**

Examples:

- **Soup**
- **Yogurt**
- **Smoothies**
- **Mashed potatoes**
- **Pasta**

⚠️ Avoid heavy meals immediately after sedation to reduce nausea.

Drink plenty of fluids to stay hydrated.

Nausea & Vomiting

Mild nausea occasionally occurs after sedation.

If nausea develops:

- **Start with small sips of water**
- **Slowly progress to soft foods**
- **Avoid greasy or heavy foods**

Please contact our office if vomiting is persistent.

Activity Restrictions

Rest for the remainder of the day.

Avoid:

- **Exercise**
- **Heavy lifting**
- **Strenuous activity**

Normal activities may usually resume the following day unless otherwise instructed.

Pain Medication

Take prescribed medications exactly as directed.

⚠️ Prescription pain medication may cause:

- **Drowsiness**
- **Dizziness**

- **Nausea**

Avoid combining pain medication with alcohol or other sedatives unless approved by your doctor.

Bleeding & Swelling

If surgical treatment was completed:

- **Mild bleeding and swelling may occur**
- **Follow your surgical post-operative instructions carefully**
- **Use ice packs as directed**

Oral Hygiene

Resume brushing gently unless instructed otherwise.

If surgery was performed:


- **Avoid vigorous rinsing**
- **Follow all extraction/implant-specific instructions provided**

When to Contact Our Office

Please call or text us immediately if you experience:

- **Difficulty breathing**
- **Severe nausea or vomiting**
- **Chest pain**
- **Excessive bleeding**
- **Fever over 101°F**
- **Severe swelling**
- **Allergic reaction to medication**
- **Uncontrolled pain**

After-Hours Assistance

 Call or Text: **(469) 907-5250**

Your comfort and safety are our top priorities.