

## Instructions for patients to have dental treatment done using IV sedation

- 1.) If your appointment is scheduled in the morning, eat a light breakfast (bowl of cereal, toast, muffin, etc.). Refrain from eating a large breakfast (10 pancakes or waffles for example). If your appointment is in the afternoon, eat a light lunch (sandwich, etc.). Again refrain from a large buffet lunch. **Eating is preferred to fasting with IV conscious sedation procedures.**
- 2.) If you are an insulin dependent diabetic, we must do the procedure in the morning. Take your insulin AND eat breakfast. This will prevent your blood sugar from bottoming out (hypoglycemia).
- 3.) Take your prescribed medications as directed, especially blood pressure medication or oral diabetes medications. Treat the day of the procedure like any other.
- 4.) If you take blood thinners such as Coumadin, Plavix, and or Aspirin, continue to take them as you normally do, UNLESS Dr. Avason has recommended otherwise. Rarely do we stop these anymore prior to sedation as more complications can arise from stopping and restarting the medications.
- 5.) If you are an asthmatic, bring your Albuterol inhaler with you to the appointment. We will have you take 2 puffs just before we sedate you to prevent wheezing.
- 6.) If you wear contact lenses, please leave them out of your eyes and wear your glasses to the appointment.
- 7.) Wear loose fitting clothing as we will use a blood pressure cuff during the procedure. We need to be able to raise the sleeves high enough to place the cuff on the upper arm.
- 8.) After the procedure you will be groggy, thus we must release you to a driver. Make sure we have their contact number (cell phone number) BEFORE we sedate you.
- 9.) If you are having dental surgery or extractions, we must see you in 1 week to remove your sutures. Plan on a short 5 minute appointment 1 week following the procedure.