

Pre-Sedation Instructions for IV Sedation Nostra Dental Clinic

To ensure your safety and the success of your procedure, please follow the instructions below carefully before your appointment for IV sedation:

1. Fasting Guidelines

Do NOT eat for at least 6 hours prior to your appointment.

Clear liquids (water, apple juice, black coffee) may be allowed up to 2 hours before your scheduled sedation time; however, please confirm with the clinic if you have any questions about what is considered a "clear liquid."

Fasting is important to prevent any potential complications from the sedation, including nausea and aspiration.

2. Medications

If you are on prescribed medications, please take them as usual with a small sip of water unless otherwise instructed by the clinic.

Please inform the dental office about any over-the-counter medications, herbal supplements, or vitamins you are currently taking.

If you are taking blood thinners, antibiotics, or have been prescribed medication for chronic conditions (such as heart disease, diabetes, or high blood pressure), please let the clinic know at least 24 hours in advance.

If instructed to discontinue any medications prior to your procedure, please do so according to the instructions provided.

3. Health and Medical Conditions

Inform us of any medical conditions (e.g., heart conditions, asthma, respiratory issues, diabetes, etc.), allergies, or prior reactions to anesthesia or sedation. This includes any conditions that could affect the way your body reacts to sedatives.

If you are pregnant or suspect you might be, inform the clinic immediately as IV sedation may not be safe during pregnancy.

If you have been sick or have a cold, fever, or infection, please notify the clinic. Sedation may not be advisable in these cases, and the appointment may need to be rescheduled.

4. Transportation

You must have a responsible adult to drive you home after the procedure.

Do not drive, operate machinery, or make important decisions for the remainder of the day after receiving IV sedation. Sedation affects your coordination, judgment, and reaction times, which can last for several hours post-procedure.

5. Accompanying Person

Bring a friend or family member to accompany you to the clinic. They will need to be present for your safety and to drive you home after the procedure.

It's important that your escort is prepared to stay at the clinic during the procedure and stay with you at home during the recovery period, if needed.

6. Alcohol and Drug Use

Do not consume alcohol or recreational drugs for 24 hours before your appointment.

Combining these substances with sedation can result in serious complications, including respiratory distress or unconsciousness.

7. Personal Comfort and Clothing

Wear loose, comfortable clothing that allows easy access to your arm for the IV injection.

Avoid wearing any makeup, nail polish, or jewelry, as they may interfere with monitoring equipment.

Please remove contacts (if applicable) before the appointment.

8. Hydration

Drink plenty of water up to 2 hours before your appointment to ensure you are well-hydrated. Being well-hydrated will help your veins be easier to access for the IV.

9. Additional Instructions

If you are a first-time sedation patient, we encourage you to come early to the clinic so that we can explain the sedation process and answer any questions you may have.

If you have any concerns or questions about the sedation procedure, please don't hesitate to contact the clinic ahead of time.

Important Reminder:

If you fail to follow these pre-sedation instructions, your sedation may need to be rescheduled, as it could affect your safety and the success of the procedure. Please contact Nostra Dental Clinic if you have any questions regarding these instructions.

Emergency Contact:

If you experience any issues or need assistance before your appointment, please call us at 021-4542475 or email us at info@nostradental.ie

Thank you for choosing Nostra Dental Clinic for your care!