

ALTAVIA
DENTAL
SEDATION PATIENT INSTRUCTIONS
Pre-sedation instructions

For your safety, these instructions must be followed carefully. If you are unsure about any instruction, please contact AltaVia Dental before your appointment.

FOOD & BEVERAGES

- Follow the fasting instructions provided specifically for your type of sedation.
- Unless your dentist or sedation provider gives you different instructions, do not eat solid food for at least 6 hours before your appointment.
- Clear liquids may sometimes be permitted closer to the appointment, but only as directed by your sedation provider.
- Do not consume alcohol or recreational drugs before treatment.

MEDICATIONS

- Take only the medications your dentist, physician or sedation provider has instructed you to take.
- If you are unsure whether to take a regular medication on the day of your appointment, contact the office in advance.
- Bring an up-to-date list of all prescription medications, non-prescription medications and supplements.

CLOTHING, CONTACT LENSES & PERSONAL ITEMS

- Wear comfortable, loose-fitting clothing. A short-sleeved top is preferred when monitoring equipment is required.
- Remove contact lenses before treatment unless your provider tells you otherwise.
- Please arrive without nail polish or artificial nail coverings on at least one finger if instructed, as these can interfere with oxygen monitoring.
- Leave valuables at home whenever possible.

SMOKING & VAPING

- Avoid smoking, vaping, cannabis and other inhaled substances before your appointment, as directed by your sedation provider.

TRANSPORTATION & ESCORT

- Do not drive yourself home after sedation.
- A responsible adult must accompany you to the appointment, remain available as instructed, and take you home afterward.
- Taxi, rideshare or public transportation should not be used unless a responsible adult is travelling with you and your provider has approved the arrangement.
- Please arrange for an adult to stay with you after the appointment for the period recommended by your sedation provider.

CHANGE IN HEALTH

- Contact AltaVia Dental before your appointment if you develop a cold, cough, fever, breathing difficulty, vomiting, significant illness, or any other change in your health.
- Tell us about any changes to your medications, allergies, pregnancy status or medical history.

Please ask us about anything you do not fully understand before your sedation appointment.

ALTAVIA
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POST-SEDATION INSTRUCTIONS
Important information for the first 24 hours after sedation

Sedation can affect judgement, balance, coordination and memory after your appointment. Follow the instructions below and any additional directions given by your dentist or sedation provider.

DISCHARGE FROM THE OFFICE

- You must leave the office in the care of a responsible adult.
- Your escort should help you get home safely and remain with you for the time recommended by your sedation provider.
- Do not remain alone if your provider has instructed you to have supervision.

TRANSPORTATION

- Do not drive a motor vehicle, ride a bicycle, operate a boat or use powered machinery for at least 24 hours, or longer if you still feel drowsy, dizzy or impaired.
- Do not travel home alone by taxi, rideshare or public transportation unless your sedation provider has specifically approved it.

FOOD & BEVERAGES

- Begin with clear fluids when you are fully awake and able to swallow safely.
- Progress to light food as tolerated unless you were given different instructions.
- Do not drink alcohol for at least 24 hours after sedation, and longer if advised because of medications you received.

MEDICATIONS

- Resume your usual medications only as directed by your dentist, physician or sedation provider.
- Take any prescribed pain medication or antibiotics exactly as instructed.
- Do not take additional sedating medications unless your healthcare provider has approved them.

ACTIVITY RESTRICTIONS

- Rest for the remainder of the day.
- Do not make important financial or legal decisions, sign contracts, or perform tasks requiring judgement for at least 24 hours.
- Avoid strenuous exercise and activities where loss of balance or coordination could cause injury until you feel fully recovered.
- Do not care for young children or another dependent person without another responsible adult present during the initial recovery period.

WHEN TO CONTACT US

- Contact AltaVia Dental if you experience persistent vomiting, severe pain, heavy or uncontrolled bleeding, difficulty breathing, chest pain, increasing swelling, confusion that is not improving, or any other symptom that concerns you.
- For a life-threatening emergency, call 911 or seek emergency medical care.

ACKNOWLEDGEMENT

I confirm that I have received and understand the pre- and post-sedation instructions provided by AltaVia Dental. I understand that instructions may be modified by my dentist or sedation provider based on the type of sedation used and my individual health needs.

Patient name	
Responsible adult / escort	
Patient / guardian signature	
Date	