

RELAXATION DENTISTRY(ANXIOLYSIS) PRE-OP INSTRUCTIONS

- Wear loose, comfortable clothing with short sleeves or no sleeves to permit ready access to the arms for monitoring(such as blood pressure cuffs).
- Remove dark fingernail polish prior to dental treatment if possible.
- Tell the doctor of any changes in your health (including but not limited to new medications, recent surgeries, illnesses, etc.) prior to taking oral medication.
- Do not consume alcoholic beverages the evening prior to or for 48 hours following dental treatment.
- Do not eat 6 hours prior to taking the medication. You may drink a little water to take the medication, but keep it minimal.
- All sedation patients must be accompanied to and from the office by a responsible adult. If the procedure is short (1 Hour), the responsible adult shall remain in the office. For longer appointments and at the practitioner's discretion, the responsible adult may leave the office during the appointment and return to assist the patient home. Such parties shall make sure it is ok to leave with the receptionist and leave a cell phone number. Patients may not permit strangers (such as taxi-drivers) to drive or assist them while under sedation.
- You will need assistance by a responsible adult with walking and using the restroom.
- You should have a responsible adult stay with you for at least 12 hours following the appointment.
- Take all of your regularly prescribed medications unless otherwise instructed by your dentist.
- You should not ingest any sedatives or caffeinated products 12 hours prior to the appointment unless prescribed or recommended by the dentist.

_____ Date _____
PATIENT SIGNATURE

_____ Date _____
WITNESS SIGNATURE

ANNAPOLIS DENTAL CARE, SCOTT M. STECKLER D.D.S.
101 RIDGELY AVENUE, SUITE 12B, ANNAPOLIS, MD 21401
PHONE: 410-267-0766 FAX: 410-267-0766

RELAXATION DENTISTRY(ANXIOLYSIS) POST-OP INSTRUCTIONS

1. PATIENT CANNOT DRIVE FOR 24 HOURS AFTER TAKING SEDATION MEDICATION.
2. DO NOT OPERATE ANY HAZARDOUS DEVICES FOR 24 HOURS.
3. A RESPONSIBLE PERSON SHOULD REMAIN WITH THE PATIENT UNTIL HE/SHE HAS FULLY RECOVERED FROM THE EFFECTS OF THE SEDATION (8-12 HOURS).
4. PATIENT SHOULD NOT GO UP AND DOWN STAIRS UNATTENDED. LET THE PATIENT STAY ON THE GROUND FLOOR UNTIL HE/SHE HAS RECOVERED. A RESPONSIBLE ADULT MUST MONITOR THE PATIENT'S BREATHING IF THEY FALL ASLEEP; DO NOT LEAVE A SLEEPING PATIENT UNATTENDED FOR AT LEAST 12 HOURS.
5. HAVING NUTRITION AFTER SEDATION IS IMPORTANT. THE PATIENT SHOULD BEGIN EATING APPROPRIATE FOOD AS SOON AS POSSIBLE. DO NOT DELAY.
6. THE PATIENT NEEDS TO DRINK PLENTY OF FLUIDS AS SOON AS POSSIBLE.
7. PATIENT MAY SEEM ALERT WHEN HE/SHE LEAVES. THIS MAY BE MISLEADING SO DO NOT LEAVE THE PATIENT ALONE.
8. ALWAYS HOLD PATIENT'S ARM WHEN WALKING.
9. CALL US IF YOU HAVE ANY QUESTIONS OR DIFFICULTIES. IF YOU FEEL THAT YOUR SYMPTOMS WARRANT A PHYSICIAN AND YOU ARE UNABLE TO REACH US, GO TO THE CLOSEST EMERGENCY ROOM IMMEDIATELY.
10. PATIENT SHOULD NOT CARRY, SLEEP NEXT TO, OR BE LEFT ALONE WITH YOUNG CHILDREN FOR A PERIOD OF NO LESS THAN 24 HOURS AFTER THE LAST DOSAGE OF MEDICATION.
11. NO BATHING OR SHOWERING BY THE PATIENT FOR AT LEAST 12 HOURS AFTER THE APPOINTMENT.
12. NO LEGAL OR FINANCIAL DECISIONS ARE TO BE MADE BY THE PATIENT ON THE DAY OF THE SEDATION APPOINTMENT.
- 13. DRIVE DIRECTLY HOME & CALL THE OFFICE WHEN YOU ARRIVE HOME AND THE PATIENT IS COMFORTABLE & SAFE.**

PATIENT SIGNATURE AND DATE PATIENT PRINT NAME

COMPANION SIGNATURE AND DATE COMPANION PRINT NAME

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INSTRUCTIONS AFTER EXTRACTIONS

- Place cold towels or an ice bag to your face for the first 6-8 hours. Apply for 15 minutes, then remove for 15 minutes.
 - Do not rinse mouth until the following day.
 - On the morning following surgery, rinse mouth with warm salt water ($\frac{1}{2}$ teaspoon salt to a glass of warm water). Repeat this several times daily.
 - Keep fingers and tongue away from socket.
 - BLEEDING – It is normal for saliva to be slightly streaked with blood for 1-2 days. If abnormal bleeding occurs, place moist gauze over extraction site and bite down for 30-45 minutes.
 - Following dental surgery it is normal to experience some discomfort. If medication has been prescribed, take as instructed.
 - SWELLING & STIFFNESS – It is normal and should not cause alarm. Apply cold towels or ice bag for 15 minutes of each hour as needed.
 - DIET – A liquid or soft diet is advisable during the first 24 hours. Drink lots of fluids.
 - Return to the office if undue symptoms develop.
 - Other Instructions: _____
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Please follow these home care instructions carefully and call this office if you have any questions or concerns.