

**Notes:**

HARVARD  
DENTAL  
CENTER



## Pre & Post Sedation Instructions



**HARVARD**  
School of Dental Medicine

**For questions, please call (617) 432-1434 and follow prompts.**



Scan for a  
brief survey.

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**(617) 432-1434** and follow prompts.

## Pre-Sedation Instructions

Do not eat or drink for 8 hours before your appointment. If you eat or drink during the 8 hours before your appointment, we may need to cancel or reschedule your procedure.

If you take any medications by mouth in the morning, you can take these medications with sips of water the morning of the procedure.



Do not smoke for 12 hours (minimum) before your appointment. Be sure to discuss your smoking habits with your dentist to improve the results

of your surgery. The evidence that smoking affects oral healing is well established.

Wear loose fitting clothing with sleeves which can be rolled up past the elbow. Wear comfortable shoes.

Remove all nail polish from an index finger or thumb.



An escort, a responsible adult, must:

1. Come with you to the clinic
2. Wait for you while you have your procedure
3. Receive the post operative instructions
4. Bring you home to waiting care providers or the escort needs to stay with you for four hours.

Do not attempt to be the sole caregiver to babies or young children the day of your sedation. Do not drive or use heavy or dangerous machinery the day of your sedation. Our modern drugs are quite short acting, but it is not worth putting yourself or anyone else at risk.

If you use cannabis or other recreational drugs, please let the staff know. Anything disclosed will be confidential. We just need to know what medications are in your body BEFORE we add our IV medications.

If you feel sick (fever, muscle aches, runny nose, cough, sore throat, stomachache) please tell us.

If there is a chance you may be pregnant, please let your provider know.

## Post-Sedation Instructions

Do not drink alcohol for 24 hours after the procedure.

Do not drive a vehicle or do anything that requires judgment until the morning after the procedure. If you are placed on an opioid (e.g. Percocet, Vicodin, Codeine, Oxycodone) after surgery, you cannot drive while on the opioid.

Your diet will be guided by the type of dental, periodontal or oral surgery that you had.

From the standpoint of the sedation, however, go slow. Keep well hydrated, but start with

small amounts of food. You may feel hungry at first and then feel sick after having too big or too fast a meal. Ginger ale and ginger candies are good for any nausea.

Sleep with your head elevated in a recliner or with pillows. This helps both swelling and discomfort.

Get plenty of rest.

