

## Instructions for patients having anxiolysis (minimal sedation) for a dental procedure

### Before the appointment:

You can have a light meal on the day of your appointment, but do not have anything to eat or drink within 2 hours of your appointment.

Do not drink alcohol or use illicit or recreational drugs on the day of your appointment.

If you are taking other medicines, take them at the usual times unless otherwise advised.

If you are having an oral medicine for anxiolysis, it will need to be taken at the dental clinic approximately 1 hour before your treatment starts.

Wear loose-fitting clothes, and do not wear jewellery. Remove contact lenses.

Let your dentist know if you are unwell on the day of your appointment, because it may affect your treatment.

### After the appointment:

Stay at the clinic until you have recovered.

You must be escorted home by a responsible adult and supervised for 24 hours.

Rest and do not undertake strenuous activities for the remainder of the day.

If you are hungry, you can have a light meal. Avoid hot food and drinks because your mouth will be numb from the local anaesthetic.

Do not drive or operate machinery for 24 hours after the appointment.

Do not drink alcohol, return to work, make important decisions or sign important documents until the day after the appointment.

Doctor's contact details: