

PRE-OPERATIVE INSTRUCTIONS FOR ORAL CONSCIOUS SEDATION

The goal of this document is to provide patients/guardians with pre-operative information to understand oral conscious sedation during periodontal and/or dental implant treatment with Dr. Temlock. Please read this document completely several days before your appointment. Call the office at 415-653-0303 with any questions related to your planned treatment and sedation.

Below is a list of important items related to your knowledge and responsibilities regarding your preparation and after-care instructions for your procedure(s) under conscious sedation:

1. If there any changes to your medical history, medications, or allergies, please contact Dr. Temlock's office at least 72 hours in advance of your procedure.
2. You must read, understand, sign, and return your informed consent forms to the office at least 24 hours in advance of your procedure. Please read and understand each informed consent document several days before your appointment. Call the office if you have any questions. By law, Dr. Temlock is not allowed to perform your procedure unless the patient consents prior to administration of sedative medications.
3. Read the post-operative instructions at least 24 hours in advance of your procedure. Preparing yourself and your caregiver before the procedure will only increase you comfort level while decreasing anxiety after the procedure. Knowing what to expect before you begin to heal is an extremely important step in this process.
4. Be prepared to go to the pharmacy. Dr. Temlock will likely prescribe you several medications that will need to be picked up at the pharmacy. If you would like to obtain these medications before your appointment, please notify Dr. Temlock's office in advance!
5. **On the day of the procedure:**
 - a. **Do NOT eat or drink anything at least 4 hours before your appointment.**
 - b. **DO NOT TAKE ANY NARCOTICS OR PAIN MEDICATIONS 24 HOURS BEFORE YOUR PROCEDURE WHATSOEVER!**
 - c. **Arrive early wearing comfortable, loose fitting clothing. The procedure will begin approximately 60-90 minutes after Dr. Temlock administers the medications. Bring any comfort items you desire to use during this time.**
6. Immediately following the procedure, a friend or family member MUST escort you home. ***There are NO exceptions to this rule.*** We will need to know your escort's name and contact information before the procedure. With your escort, you may take any mode of transportation you deem appropriate. Once home, we ask that your escort call the office at 415-653-0303 to inform us that you are safely home.
7. After the procedure, the medications will take several hours to metabolize out of your body, and you may not realize you are still sedated. Some patients experience temporary memory loss for several hours after the surgery, so please use caution in any conversation or activity for 24 hours. Go directly home and rest. Do not work for the remainder of the day. Do not operate heavy machinery or drive until the next day. Do not make any important life decisions. Do not go to the gym. Lastly, do not consume any alcoholic beverages nor use other mood altering substances 24 hours before or after your sedation procedure.

Any questions regarding your care and sedation should be discussed with the Dr. Temlock or his staff prior to your treatment date. As such, please call our office with any questions.