

Before Nitrous Oxide Sedation

Dr. Jason Hwang

1. You may not have anything to eat or drink two (2) hours prior to the appointment
2. Make a trip to the washroom just prior to being seated

Contraindications to nitrous oxide:

- ☐ Chronic obstructive pulmonary disease
- ☐ Nasopharyngeal obstruction
- ☐ Severe COPD
- ☐ Pneumothorax
- ☐ Bleomycin chemotherapy
- ☐ Claustrophobia
- ☐ Vitreoretinal surgery within 3 months

Nitrous oxide may help reduce your anxiety and keep you calm. You will be conscious.

Before Oral Sedation

1. Arrange to have someone drive you home at the end of your appointment and assist you to your door. You should not go home by public transit.
2. Do not wear facial makeup or nail polish. Wear comfortable, casual and loose-fitting clothing
3. Contact us prior to the appointment if there has been a change in your general health (such as a severe cold, fever, etc).
4. Nothing to eat or drink for 2 hours before the procedure
5. Make a trip to the washroom just prior to being seated.

Following your appointment do not drive a car or operate machinery for at least 18hrs. Do not drink any alcoholic beverages for the remainder of the day.

Oral sedation may make you drowsy, help reduce your anxiety, and keep you calm. You will be conscious.

Before IV Sedation

1. Arrange to have someone drive you home at the end of your appointment and assist you to your door. You should not go home by public transit.
2. Do not wear facial makeup or nail polish. Wear comfortable, casual and loose-fitting clothing
3. Contact us prior to the appointment if there has been a change in your general health (such as a severe cold, fever, etc).
4. Nothing to eat or drink for 8 hours before the procedure (including water)
5. Make a trip to the washroom just prior to being seated.
6. No smoking at least 12 hours before surgery. Ideally, cut down or stop smoking as soon as possible prior to the day of surgery.
7. You cannot drive a vehicle or operate any machinery for 24hrs following the anesthesia experience.