



# dentistry asleep

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Many people are not comfortable having extensive dental treatment completed with local anaesthesia alone. In fact, surveys done in Ontario indicate that if given the choice, most people would prefer to have an alternative to 'just freezing' to be more comfortable during extensive dental procedures. Many patients who delay getting the necessary treatment do so because they are unaware of the option to sleep through it all!

As a recognized specialist in dental anaesthesia, I am privileged to be able to offer my patients the most modern advances in both anaesthesia and dental treatment with minimal discomfort and recovery time. Being asleep for dental treatment in my office is different than a hospital setting general anaesthesia; I use a non-intubated anaesthetic, and generally fewer medications at lower doses, making it a milder alternative to traditional anaesthesia. My philosophy is to give patients the least amount of medication they require while ensuring their comfort, allowing for an easier and more rapid recovery.

## Pre-Operative Advice and Instructions

You must have an empty stomach. Do not eat anything 8 hours prior to the start of your appointment. You may drink clear fluids such as water, clear juices without pulp, Gatorade and ginger ale up to 2 hours before the start of treatment. Alcohol is not permitted.

You should take any of your regularly prescribed drugs according to your normal routine, unless otherwise advised by Dr. Dann. Do not take any herbal supplements the day of your treatment, especially kava, ginko or St. John's wort and avoid grapefruit juice the day before and day of your appointment.

Heavy eye makeup, including mascara and eye shadow, must not be worn, or may have to be removed prior to treatment as it may make your eyes more prone to discomfort. Nail polish must also be removed in order to ensure accurate oxygen monitoring.

**You must have someone take you home after sedation.** Your accompaniment home does not need to wait in our office while you are being treated, but can come to escort you home after your treatment is finished. We'd be happy to phone your accompaniment with enough notice to arrive to help you home, so as to minimize any inconvenience to them. You need to be accompanied home by a 'responsible adult', and someone should be with you at home until you feel normal again. **Taking public transit is not an option.** You should plan on resting quietly at home the remainder of the day of your treatment. You must not drive, operate machinery, or consume alcohol for 18 hours after treatment, or longer, if drowsiness or dizziness persists.

Please wear a loose, short-sleeved garment to your appointment so that we can place a blood pressure cuff properly on your arm and easily access a vein on your forearm.

Very rarely, some patients experience an irritation in the arm where their IV was. If this happens, it usually goes away in 2 to 6 weeks. If your arm becomes tender, bruised or there is firmness along a vein, be assured that while it is inconvenient and somewhat uncomfortable, it is not serious or permanent. Place a hot, wet towel on the area twice each day for 20 minutes and take one aspirin or ibuprofen (Advil, Motrin) in the morning and one at night for a week. If this does not result in an improvement, please call us.

Tell us before your appointment if you have had any changes in your general health, especially in ease of breathing, pregnancy, or a decrease in exercise tolerance. Also, please speak to us if you are concerned about any part of your treatment or being asleep; we're here to help!

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