

BELLEVILLE SLEEP DENTISTRY

222 Bell Blvd, Unit 6, Belleville, ON, K8P 5L7 • t: 613-962-7773 • f: 613-962-7778 • bellevillesleepdentistry@hotmail.com

PLEASE KEEP THIS FORM FOR YOUR REFERENCE

The Week Before Your Appointment:

- Arrange for someone to help you get home after your appointment. Public transit, motorcycles or walking are not acceptable modes of transportation. Adult patients are not permitted to drive and will require assistance from a responsible friend or relative. **A taxi driver alone is NOT sufficient.**
- **Do not book any other appointments elsewhere the day of the appointment as we may need you to come at an earlier time.**
- Do not bring other children to this appointment so you can focus your attention on the child undergoing the sedation. It is preferable to have a second adult in the car to observe and care for the patient without any distractions on your return trip home. **If you must bring any other children with you to the appointment, it is MANDATORY to have a second adult in the car for the trip home.**
- ***If no arrangements are made, your appointment will be cancelled and a cancellation fee will apply.***
- All patients should be accompanied by an adult that is capable of giving consent for treatment on their behalf.
- **Because of the nature of our work, we strive to maintain a quiet and relaxing environment for our patients therefore we set a limit of one family member/adult companion for adult patients and two (parents) for children for all visits.**
- If you have a cold, flu, persistent cough, fever, nausea, vomiting, diarrhea, or are still recovering from a recent illness, please contact our office at least 3 business days before your appointment.
- If a patient is found to have head lice or nits, he/she will be excluded from our clinic until after the first treatment with an appropriate pediculicide in order to prevent transmissions to other clients and staff.
- If you take any prescription or over the counter medications, consult Dr. Chow about taking them.
- **If you are a diabetic, please inform Dr. Chow ahead of time.**
- After sedation, patients must stay in the clinic until Dr. Chow is satisfied that they are well enough to go home safely. Recovery time differs for every person and, as a result, patients and companion must have no other commitments the day of the sedation appointment. (i.e. make arrangements for someone else to pick up your children from school; do not book any other appointments elsewhere) If you cannot make this time available, then you should select another time when delays will not be a problem.

The Day Before Your Appointment:

- Please confirm the person who will be taking you home after your appointment.
- If you have other children, please make arrangements for a babysitter. If you must bring any other children with you to the appointment, you will be required to have two adults accompany the patient home. On the way home, one individual should be able to observe the patient without any distractions while the other monitors the other children.
- **Do not eat or drink anything from midnight the day of your appointment, this includes coffee, tea, juice, and milk. EVEN WATER. No chewing gum or sucking on candies. You MUST fast for the 8 hours preceding the sedation/ anaesthetic appointment.**
- Food in the stomach may result in vomiting and subsequent pneumonia during anaesthesia. This is unsafe and can be fatal. A light meal is strongly recommended for the evening before the anaesthetic appointment.
- Do not smoke cigarettes, marijuana (even if prescribed), or use recreational drugs **from midnight the day of your appointment.**
- Please advise our office of changes in your health such as fever, vomiting, diarrhea, cold or flu in the days before your appointment.

THE DAY OF YOUR APPOINTMENT:

- **A CUSTODIAL PARENT OR COURT APPOINTED GUARDIAN MUST ACCOMPANY PATIENTS UNDER THE AGE OF 18 OR DEPENDENT ADULTS FOR THE FULL DURATION OF THE APPOINTMENT. (Other relatives/friends cannot consent to treatment.)**
- If we have given you any medication to take before your anesthetic, please follow the directions carefully. ***If you are diabetic, you must follow our guidelines regarding diabetes medications or your appointment will be cancelled and a cancellation fee will apply.***
- Wear loose, comfortable clothing, **short sleeve top**, socks (not tights or leotards) and flat shoes and **bring a change of clothes.**
- Do not wear contact lenses, as well as any make up or nail polish, hand/face cream/lotions.
- Please arrive on time or a few minutes before your appointment.
- **Patients with diagnosed sleep apnea who use a prescribed CPAP (Continuous Positive Airway Pressure) machine must bring their appliance to our office for use postoperatively.**

During your appointment:

- Monitoring devices will be used to track your vital signs throughout the entire appointment. These include a blood pressure cuff wrapped around your arm, a small sensor attached to your finger, and EKG leads placed on your chest.
- Pediatric patients will be given an anesthetic gas through a mask and/or an oral sedative. Once they are asleep, an intravenous catheter will be placed in the back of their hand or within their inner elbow to deliver the IV sedation medication.
- Adult patients will have an intravenous catheter placed in the back of their hand or within their inner elbow while still awake.
- Most people wake up from anesthesia with some degree of disorientation or confusion. For most, it takes about 10 to 15 minutes for the brain to fully "wake up", even after they regain consciousness.
- Your companion must wait until you are alert enough to leave the office safely. The recovery time usually takes 20-60 minutes.

After your appointment:

- **A responsible adult must accompany you home in a car or taxi and stay with you for 24 hours following the end of your appointment. Public transit must NOT be used for your return trip home.**
- Rest for the next 24 hours. You are still under the influence of the anesthetic and your judgment might be impaired. Do not plan to make any important business or personal decisions including the signing of legal documents.
- **DO NOT WORK OR DRIVE FOR 24 HOURS FOLLOWING ANAESTHESIA.**
- Drink plenty of fluids (water/juice) after anaesthesia but begin with frequent and small quantities. If you are not experiencing any nausea or vomiting, you may eat solid foods as tolerated (please begin with easily digested foods)
- **DO NOT CONSUME ALCOHOLIC BEVERAGES OR RECREATIONAL DRUGS FOR 24 HOURS AFTER YOUR VISIT.** Marijuana, even if prescribed, is also not permissible for 24 hours after your visit.
- **Once you / your child has been discharged, it is imperative that you go directly to your home to continue recuperating.**