

Max Arocha, D.M.D.  
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## **INTRAVENOUS (IV) CONSCIOUS SEDATION INSTRUCTIONS**

### **BEFORE IV SEDATION**

1. DO NOT EAT FOR 7 HOURS PRIOR TO YOUR DENTAL APPOINTMENT. Take any prescription medications as prescribed with only water.
2. Refrain from consuming alcoholic beverages for 12 hours before this procedure.
3. Disclose to Dr. Arocha or his staff any and all medications and drugs you are currently taking.
4. Disclose to Dr. Arocha or his staff any abnormalities in your current physical status or past medical history including any history of alcohol or drug abuse or any abnormal or allergic reactions to any drugs or medications that you have taken.
5. Arrange for a responsible adult to drive you to Dr. Arocha's office, be accessible to Dr. Arocha or his staff during the procedure, drive you home after the procedure and be with you until the effects of the sedation have worn off.
6. The day BEFORE your appointment, drink 50 ounces or more of water
7. Wear short sleeves. Wear loose comfortable clothes. 8. Do not wear make up of ANY sort. Do not wear jewelry.
8. Remove all nail polish.

### **AFTER IV SEDATION**

1. Arrange for a responsible adult to drive you home after the procedure and be with you until the effects of the sedation have worn off.
2. For the next 24 hours, Do NOT:
  - a. Drive a car, cook or operate machinery.
  - b. Drink any alcoholic drinks (not even a beer).
3. Limit your diet to clear liquids and soft foods such as Jell-O, apple juice, bland soup, Gatorade, 7-up or Sprite. If you do not feel nauseated you may try foods with more substance. Avoid citrus juices and dairy products as they may cause nausea.
4. When you get home lie down and take it easy for the rest of the day. It is important that when you go to get up from lying down, sit down first.
5. If your IV site becomes red, swollen and warm to the touch call us at 954-559-0124 or go to an Emergency Care Center.