



Dr. Valentin E. Dabuleanu, BSc, DDS, MSc, FRCD(C)

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## Periodontal Specialist

2 Finch Avenue West  
North York, ON M2N 6L1  
Tel (416) 222-5055  
Fax (416) 222-9407  
[www.dabuleanu-dental.com](http://www.dabuleanu-dental.com)

## Sedation

Patients receiving sedation will benefit from having their periodontal and implant treatment done while feeling comfortable and relaxed.

Every case is unique. For this reason we provide several different sedation options, including oral sedation, nitrous oxide sedation (laughing gas), and IV conscious sedation.

Sedation options will be thoroughly discussed with you during your consultation with Dr. Valentin Dabuleanu. Instructions below include:

- Pages 2-3: Oral Sedation
- Page 4: Nitrous Oxide Sedation
- Pages 5-6: Intravenous Conscious Sedation



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### Oral Sedation

Taking an oral sedative (Ativan) prior to your dental appointment is an excellent way to minimize or eliminate anxiety that may be associated with going to the dentist. Even though it is safe, effective and tends to wear off rapidly after the dental visit, you should be aware of some important precautions and considerations.

#### IF YOU WERE PRESCRIBED AN ***ORAL SEDATIVE*** TO TAKE THE NIGHT BEFORE SURGERY

1. **A responsible adult must accompany you to and from the office.** Your seat in the car should be in a slightly reclined position.
2. **YOU MAY NOT WORK, TRAVEL BY PUBLIC TRANSIT, DRIVE A VEHICLE OR MAKE IMPORTANT DECISIONS after having taken the sedative**
3. An adult should stay with you after having taken the sedative, due to possible disorientation and possible injury from falling. Benzodiazepines have been associated with lingering amnesia for several hours after their intake, leading to actions where the patient does not remember them, e.g. turning on the stove, or driving
4. The tablet is placed under the tongue. The medication will dissolve in about 20 seconds. You should not swallow for at least 2 minutes to allow the medication to be absorbed into the body
5. The onset of Ativan (Lorazepam) is 30-45 minutes. The peak effect for these drugs occurs between 1-2 hours. After that, it starts wearing off and most people feel back to normal after 6-12 hours. Lingering effects have been reported up to 24 hours.
6. Expected effects: short-term relief of the symptoms of excessive anxiety. The communication between the nerves in the brain, i.e. the central nervous system, are temporarily slowed down
7. Side effects may include: light-headedness, headache, dizziness, visual disturbances, amnesia and nausea. In some people oral sedation may not work as desired.

#### ***PRE-OPERATIVE INSTRUCTIONS (BEFORE SURGERY)***

1. **DO NOT HAVE FOOD (including gum or candy) OR ALCOHOL 8 HOURS BEFORE YOUR SURGICAL APPOINTMENT. You may only have WATER, CLEAR APPLE JUICE, CARBONATED DRINKS, and CLEAR TEA UP TO 2 HOURS BEFORE YOUR SURGICAL APPOINTMENT**
2. Take your usual prescription medications and pre-operative medications as prescribed by Dr. Dabuleanu with water **up to 2 hours before the appointment** (especially Blood Pressure Medications)
3. **Wear short sleeves and comfortable, casual, loose fitting clothing. Do not wear facial makeup or nail polish**
4. Please advise of any recent change in your health such as fever, vomiting, diarrhea, cold, or flu, or change in your medications in the days before your appointment
5. **Please confirm with the person who will be driving you home that day. You should NOT go home by public transit**
6. Make a trip to the washroom just prior to being seated

## **DURING SURGERY**

Before sedation is started, monitors such as blood pressure cuff and oxygen sensor clip, are placed on your arm and finger. You will hear various beeps and tones and these are normal sounds made by the monitors

During the sedation you may hear the sound of the drill or voices of the office staff, however, you will be quite comfortable and likely not remember very much of the appointment. It usually takes 15-30 minutes to be alert enough to go home safely. It is normal to feel a bit disoriented and dizzy.

## **POST-OPERATIVE INSTRUCTIONS (AFTER SURGERY)**

1. **A responsible adult must accompany you home in a car or taxi.** Your seat in the car should be in a slightly reclined position.
2. When at home, lie down with your head slightly elevated. Rest for the remainder of the day as quietly as possible. **DO NOT WORK, TRAVEL BY PUBLIC TRANSIT, DRIVE A VEHICLE, OPERATE HAZARDOUS MACHINERY, CONSUME ALCOHOL OR MAKE IMPORTANT DECISIONS 18 HOURS FOLLOWING SEDATION, OR LONGER IF DROWSINESS OR DIZZINESS PERSISTS**
3. A responsible adult should stay with you for the rest of the day, until you are fully alert, due to possible disorientation and possible injury from falling. Benzodiazepines have been associated with lingering amnesia for several hours after their intake, leading to actions where the patient does not remember them, e.g. turning on the stove, or driving.
4. Drink plenty of fluids (water, juice) after sedation. Do not drink alcoholic beverages for 24 hours after your visit. If you are not experiencing nausea or vomiting, you may eat solid food as tolerated
5. If there are any questions, do not hesitate to call our office at 416 222 5055



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### Nitrous Oxide Sedation

Having nitrous oxide conscious sedation administered to you during your dental appointment is an excellent way to minimize or eliminate anxiety that may be associated with going to the dentist. Even though it is safe, effective and it wears off rapidly after it is administered, you should be aware of some important precautions and considerations.

1. Nitrous oxide conscious sedation is a controlled duration form of sedation that is achieved by means of inhalation. You may be discharged from our dental office unaccompanied (i.e. without an escort). The final decision as to whether you may be discharged unaccompanied, however, will be made by the administering dentist.
2. This consent form and the dental treatment consent form should be signed before you receive nitrous oxide conscious sedation.
3. The onset of nitrous oxide conscious sedation is usually within minutes of it being administered
4. Nitrous oxide conscious sedation has not been proven to cause adverse events during pregnancy. It does not have US Food and Drug Administration (FDA) ranking. If required, nitrous oxide conscious sedation is ideally given in the second or third trimesters. If given in any trimester, it will be administered for less than 30 minutes and with at least 50% oxygen. There is no apparent concern during breast-feeding.
5. This form of sedation should not be used if you have:
  - A nasopharyngeal obstruction
  - Severe Chronic Obstructive Pulmonary Disease (COPD)
  - Had chemotherapy using the drug Bleomycin
  - Claustrophobia
  - Had eye surgery (vitreoretinal surgery) within the last 3 months
6. Take your regular medications unless specified by your physician or dentist
7. Ideal symptoms include: relaxation, light-headedness, tingling of the hands and feet, and warmth. Patients may also experience numbness of the lips, a light or heavy sensation of the extremities, and euphoria.
8. **DO NOT HAVE FOOD (including gum or candy) OR ALCOHOL 8 HOURS BEFORE YOUR SURGICAL APPOINTMENT. You may only have WATER, CLEAR APPLE JUICE, CARBONATED DRINKS, and CLEAR TEA UP TO 2 HOURS BEFORE YOUR SURGICAL APPOINTMENT**



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### Intravenous Sedation

The use of an intravenous sedative during to your dental appointment is an excellent way to minimize or eliminate anxiety that may be associated with going to the dentist. Even though it is safe, effective and tends to wear off rapidly after the dental visit, you should be aware of some important precautions and considerations:

- The onset of the sedative is almost instantaneous. The peak effect for these drugs occurs between 1-2 hours. After that, it starts wearing off and most people feel back to normal after 6-12 hours.
- For safety reasons and because people react differently to the same drug, you should not drive or operative machinery for the remainder of the day. Lingering effects have been reported up to 24 hours.

### **PRE-OPERATIVE INSTRUCTIONS (BEFORE SURGERY)**

7. **DO NOT HAVE FOOD (including gum or candy) OR ALCOHOL 8 HOURS BEFORE YOUR SURGICAL APPOINTMENT. You may only have WATER, CLEAR APPLE JUICE, CARBONATED DRINKS, and CLEAR TEA UP TO 2 HOURS BEFORE YOUR SURGICAL APPOINTMENT**
8. Take your usual prescription medications and pre-operative medications as prescribed by Dr. Dabuleanu with water **up to 2 hours before the appointment** (especially Blood Pressure Medications)
9. **If Diabetic please check with Dr. Dabuleanu as to when to take your insulin prior to the surgical appointment**
10. **Wear short sleeves and comfortable, casual, loose fitting clothing**
11. **Do not wear contact lenses**
12. Please advise of any recent change in your health such as fever, vomiting, diarrhea, cold, or flu in the days before your appointment
13. Please advise of any change in your medical status or medications prior to any surgical appointment
14. **Please confirm with the person who will be driving you home that day**

### **DURING SURGERY**

Before sedation is started, monitors such as blood pressure cuff and oxygen sensor clip, are placed on your arm and finger. You will hear various beeps and tones and these are normal sounds made by the monitors. A small intravenous catheter s placed usually in the forearm area.

During the sedation you may hear the sound of the drill or voices of the office staff, however, you will be quite comfortable and likely not remember very much of the appointment. If usually takes 30-60 minutes to be alert enough to go home safely. It is normal to feel a bit disoriented and dizzy. The intravenous catheter will remain in place until you are fully awake. Your are normally sedated for at least 15-30 minutes longer than the time it takes for the dental work to be completed.

**POST-OPERATIVE INSTRUCTIONS (AFTER SURGERY)**

6. **A responsible adult must accompany you home in a car or taxi.** Your seat in the car should be in a slightly reclined position.
7. When at home, lie down with your head slightly elevated. Rest for the remainder of the day as quietly as possible. **DO NOT WORK, TRAVEL BY PUBLIC TRANSIT, DRIVE A VEHICLE, OPERATE HAZARDOUS MACHINERY, CONSUME ALCOHOL OR MAKE IMPORTANT DECISIONS 18 HOURS FOLLOWING SEDATION, OR LONGER IF DROWSINESS OR DIZZINESS PERSISTS**
8. A responsible adult should stay with you for the rest of the day, until you are fully alert, due to possible disorientation and possible injury from falling. Benzodiazepines have been associated with lingering amnesia for several hours after their intake, leading to actions where the patient does not remember them, e.g. turning on the stove, or driving.
9. Drink plenty of fluids (water, juice) after sedation. Do not drink alcoholic beverages for 24 hours after your visit. If you are not experiencing nausea or vomiting, you may eat solid food as tolerated
10. The area where the intravenous catheter was placed may be sore and bruised for a few days after your visit. Should this persist or worsen please call Dr. Valentin Dabuleanu.
11. If there are any questions, do not hesitate to call our office at 416 222 5055