

Pre Anaesthetic Instructions

- **DO NOT** eat solid food for 6 hours however, you may drink water only up to 4 hours before your IV sedation appointment.
- You may take your regular medication as normal with a sip of water before your appointment.
- Please wear comfortable clothing when you come to your appointment.
- Please remove false nails (including Acrylic) gel overlays and varnish before your treatment.
- You must arrange for a responsible adult, whom you know, to pick you up from the clinic and accompany you home after your treatment. They must stay with you 24 hours after your sedation procedure.
- Failure to do so will result in the procedure being cancelled and the cost of the procedure forfeited. This is in the interests of safety and best practice for our patients.

Post Anaesthetic Instructions

- Within the first 24 hours after your treatment **DO NOT:**
 - Drive any motor vehicle or operate any machinery
 - Make any important decisions or sign any legal documents.
 - Take alcohol or sleeping tablets
- Do not plan to go to work the same day.
- Please take your regular medications as usual.
- For pain relief you may take the prescribed pain relief given on the day of your procedure.
- **DO NOT** take additional pain relief or alternative pain relief.
- Take fluids (cold or lukewarm) or food as required. Some patients may experience one or more temporary effects such as tiredness or fatigue, dizziness, nausea, tenderness at injection site. These effects are usually minor and wear off within a day or two.

If you have any further enquires after your treatment, do not hesitate to call the practice on 0207 584 1642. If necessary, we will put you in contact with your anaesthetist.

