IV sedation is a very safe and predictable way to have a great experience at the dentist. The information in this pamphlet is designed to educate on what IV sedation is and what can be expected from the procedure.

**Benefits of IV Sedation**

- It is extremely effective for treating patients with any level of anxiety.
- It is quick acting.
- The level of sedation can be adjusted during the procedure so that you remain comfortable at all times.
- In many cases, you can get ALL of your dental work done in one visit.
- There are minimal to no side effects.

**Want more information:**
If at any time you have any questions or would like more information please feel free to contact Dr. Field. His email is jfield@pccd.net or by phone at (650) 948-5524.

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**JOSEPH A. FIELD, D.D.S.**
Specializing in IV SEDATION DENTISTRY
**What is IV Sedation**

IV sedation will put you at ease so you experience little to no discomfort; however, Dr. Field will also administer a local anesthetic to ensure that you don’t experience any pain. At this point you’ll be so relaxed that you’ll hardly even notice.

Throughout the procedure, your breathing, heart rate and blood pressure will be closely monitored. Patients generally recover quickly, although they may feel slightly groggy immediately afterwards. IV sedation is extremely safe when delivered by a specially trained dentist such as Dr. Field.

On the day of your procedure, you will need to have another adult with you to take you home. You should not perform strenuous activities, drive a motor vehicle or drink alcohol for the rest of the day. Do not take any medications prior to or following surgery unless Dr. Field has approved their safety.

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**What to Expect**

Many hear the term sleep dentistry used to describe IV sedation. This is confusing, because it suggests that IV sedation involves being put to sleep. In reality, you remain conscious during IV sedation. At times some patients may drift in and out of sleep but are still able to understand and respond to requests from Dr. Field.

However, you may not remember much about what went on because of two factors: first, in most people, IV sedation induces a state of deep relaxation and a feeling of not being bothered by what's going on. Second, the drugs used for IV sedation can produce either partial or full memory loss (amnesia) for the period of time when the drug is first administered until it wears off. As a result, time will appear to pass very quickly and you will not recall much, or perhaps even nothing at all, of what happened. So it may, indeed, appear as if you were "asleep" during the procedure.

Two appointments are usually required. During your first visit Dr. Field will describe the benefits and risks of IV sedation, answer all of your questions and give you detailed instructions for the day of your procedure.

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**After IV Sedation**

1. Have your escort take you home. Rest for the remainder of the day.
2. Have an adult stay with you until you are fully alert.
3. Do not perform any strenuous or hazardous activities and refrain from driving a motor vehicle for the remainder of the day.
4. Do not eat a heavy meal immediately following the procedure. If you are hungry, eat something light, e.g. liquids and/or toast.
5. If you experience nausea lie down or drink a glass of Coke.
6. Do not drink alcohol or take medications for the remainder of the day unless you’ve contacted Dr. Field first.
7. Take medications as directed.
8. If you have any unusual problems, please call our office.

Again, the process of IV sedation is a very safe and controlled procedure. Please feel free to contact us with any questions or concerns.