

## **PRE-SEDATION PATIENT INSTRUCTION**

To ensure patient safety during treatment, the following pre-sedation instructions **must** be carefully followed or your appointment will be canceled.

### **FOOD AND BEVERAGES**

- It is essential that the stomach be empty at the time of sedation appointment
- **Do not eat ANY foods within 8 hours of the sedation appointment (with the exception of water)**
- **Do not drink anything, even water, for at least 3 hours before the sedation appointment**
- **Do not drink ANY alcohol 48 hours prior to treatment**

### **MEDICATIONS**

- It is essential to discuss with your dentist whether or not you should take medication(s) you otherwise take on a regular basis.

### **CLOTHING/CONTACT LENSES**

- Wear loose casual clothing for the appointment (ex. Short sleeve T-shirt). Female patients should wear pants.
- **NOTE: Fingernails to be free of any nail polish for monitoring purposes.**
- Patient should refrain from wearing contact lenses on the day of the surgery.

### **SMOKING**

- Refrain from smoking prior to treatment.

### **TRANSPORTATION**

- **Under no conditions can you drive yourself home. A responsible adult (excluding a taxicab driver) must accompany you to and from the appointment.**
- **Public transportation is not permitted.**

### **CHANGE IN HEALTH STATUS**

- If your general health deteriorates (ex., cold, cough, fever, etc), contact the dental office prior to the day of the appointment. If in doubt, please phone the office to discuss the change in health status.

***If you have any questions, please do not hesitate to ask the dental office. It is important that you understand the circumstances surrounding this treatment.***

## **POST SEDATION INSTRUCTIONS**

*Following sedation, 24 hours may be required for the full effects of the drugs to wear off. During this period, it is essential that you follow these instructions.*

### **DISCHARGE FROM OFFICE**

- The patient must be discharged into the care of a responsible adult who can accompany him/her home.
- Arrangements should be made to have a responsible adult remain with the patient for the remainder of the day and during the night.

### **TRANSPORTATION FROM OFFICE**

- Private automobile is preferred. Public transportation is not permitted.

### **FOOD AND BEVERAGES**

- Clear liquids are advised for at least 6 hours and, after that, diet is tolerated.
- Do not drink alcohol in any form for 24 hours.

### **MEDICATIONS**

- Resume normal medication as directed by physician after appointment.

### **ACTIVITY RESTRICTIONS**

- Do not operate any motor vehicle, boats, power tools or machinery for 24 hours or longer if drowsiness or dizziness persists.
- Do not operate an aircraft for at least 48 hours following minimal or moderate sedation.
- Do not sign or enter into any legal contract for at least 24 hours.

### **PROBLEMS**

- If you experience any acute pain, heavy bleeding from the surgical site, respiratory problems, or any other post-operative problem, please notify the dental office.