

SEDATION | PRE-OPERATIVE INSTRUCTIONS

---- READ CAREFULLY PRIOR TO YOUR APPT. ----

Sedation will help to make your dental treatment a more relaxed experience. It is a **conscious sedation** method that you will be receiving. It is suitable for most people. However, we need you to fully disclose certain information to us in advance that will help us to determine if you are a good candidate for sedation at our clinic.

You must inform us IN ADVANCE of the below:

- Any and all personal illness, health history, or allergies – no matter how insignificant they may seem to you.
- Any medications you are taking now, or in the past several weeks.
- If you are pregnant or breastfeeding.

BEFORE YOUR APPOINTMENT:

These instructions are so important that failure to observe them will automatically result in cancellation of your treatment that day. You must plan your day so that the following instructions can be observed:

1. Someone must escort you **TO** our office and wait inside the building until your sedation has begun. Someone must escort you **FROM** the office when the sedation is complete. If you arrive at our office unescorted, we will not be able to perform the sedation. *(We cannot release you to a cab/transit driver.)*
2. **DO NOT EAT anything for at least 8 hours before your appointment.**
3. **DO NOT DRINK anything for 2 hours before your appointment.**
 - a. Clear liquids (water, apple juice, black coffee) can be consumed the morning of the procedure – in moderation, up until 2 hours before your appointment. But then, stop drinking completely the 2 hours prior.
4. Wear loose fitting clothing with sleeves that can be drawn up past the elbow.
5. Remove contact lenses.
6. No fingernail polish or artificial nails.
7. **Take your regular medications as prescribed by your physician the day of the appointment.** Only a few medications should be stopped before the sedation procedure (Diabetes meds for example). Contact our office in advance if you have any questions about your current medications.
8. **Do not take any other sedatives, narcotics, or smoke pot PRIOR to your appointment.**
9. Arrive a few minutes early to complete paperwork. (Do not be late!)

AFTER YOUR APPOINTMENT:

The sedative drugs used will cause drowsiness for several hours and alter your judgment and reflexes substantially. They will also alter the actions of certain other drugs. Therefore, following your appointment you must specifically agree:

1. Not to drive or operate machinery for at least 24 hours after recovery.
2. Not to undertake responsibilities, actions, or decisions (including watching children and cooking).
3. **ABSOLUTELY NO ALCOHOL** 24 hours before or after treatment.
4. Not to take any other drugs without prior approval.

I have read the above instructions and agree to follow them.

Signed _____

Date _____