

# **BEFORE YOUR SEDATION APPOINTMENT**

## THINGS TO DO/REMEMBER THE DAY BEFORE YOUR APPOINTMENT

- No smoking\* - This affects the level of sedation during your treatment, and can negatively affect your comfort level during the appointment.
- No alcohol\* - The dentist cannot safely sedate you if you have had alcohol, narcotics pain medicines (including Vicodin/Hydrocodone) or any street or recreational drugs.
- No caffeine
- Take no additional medications (e.g. OTC pain medications and antacids, herbal or nutritional supplements) unless discussing these medications with the dentist\*
- Nothing to eat after midnight (or 8 hours before procedure), it is Ok to take your medication with some water on the morning of the appointment\* - Unless otherwise instructed by the dentist - if your appointment is in the afternoon and you eat the day of please eat a light meal (Note: diabetics eat and take med's as normal)
- No chance of pregnancy

## THE MORNING OF YOUR APPOINTMENT

- Take the sedative medication as instructed by the dentist before your appointment\*
- NO food or water (except with medication) SIX HOURS prior to your appointment
- No sensitivities to Benzodiazepines
- Please leave jewelry and watches at home
- No contact lenses
- Wear short sleeves and comfortable clothing
- Wear comfortable shoes/socks
- You will be scheduled to arrive 1 hour prior to starting treatment for the administration of the sedation medication

It is absolutely essential that you have your escort drive you to your appointment. We will not be able to proceed with your appointment if you drive yourself, and this will result in forfeiting your pre-paid fee for the appointment. The person driving patient must be able to stay with patient until sedation wears off. (possibly 2-4 hours after arriving home)

\*Regrettably, failure to comply with the items marked with an asterisk can compromise the safety of the sedation procedure. In most cases, the dentist will not be able to proceed with your treatment.

## FOLLOWING APPOINTMENT

- No driving for 24 hours after appointment
- No operating hazardous devices
- No heavy lifting
- No Stairs
- No Important decisions