PRE - SEDATION PATIENT INSTRUCTIONS

For the safe treatment of the patient, the following pre-sedation instructions must be followed very carefully.

**FOOD AND BEVERAGE**

- Nothing to eat or drink for 8 hours prior to dental procedure with the exception of water and clear fluids (Apple juice, tea, coffee, water)
- Stop drinking clear fluids four (4) hours prior to dental procedure
- For 6 hours after sedation eat/drink only lightly (ie. Toast and a clear fluid)

**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**

- Remove nail polish from at least one fingernail on each hand
- Wear loose casual clothing for your appointment (ie. Short sleeve t-shirt)
- Female patients should wear slacks
- Best to leave jewelry and valuables at home

**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 home

**CHANGE IN HEALTH STATUS**

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

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