

## Sedation Pre-Op Instructions

In preparation for your upcoming sedation appointment for your dental treatment, there are some important instructions that you will need to help ensure the best possible outcome. If you have any questions regarding your upcoming sedation appointment, we encourage you to ask your doctor prior to the appointment.

- **Attire:** Dress comfortably for your sedation appointment. Keep in mind that most sedation appointments last several hours. The goal of sedation is to be able to provide your dental treatment in a comfortable and stress-free atmosphere, so please feel free to dress comfortably
- **Diet:** To help ensure a predictable result outcome with you sedation, it is important that you do not eat for six hours prior to your appointment. If you must eat (diabetic patients or those who must take medications with food), we ask that you consume a small light meal that is low in fat (i.e. piece of toast and a banana). Additionally, foods containing pomegranate and grapefruit contain a chemical that reacts strongly with oral sedation medications. Please refrain from consuming these foods for one week prior to your appointment. If you have consumed one of these during the preceding week, it is important for your to discuss this with the doctor prior to taking any of the dispensed medications.
- **Medications:** Your sedation appointment should not interfere with any of the other medications that you are currently taking. Please take all other medications as you normally would so that any other medical conditions will be well-controlled when you come to your appointment. If you typically take any kind of sedative (including sleep-aid medications or alcohol), it is important to discuss this with the doctor.
- **Stimulants:** Stimulants can make sedation difficult or unpredictable. Please refrain from all stimulants (such as caffeine) for 12 hours both before and after your sedation appointment. If you smoke or use smokeless tobacco, it is important for you to discuss this with the doctor and the impact this may have on your sedation.
- **Pregnancy:** In consenting to sedation, you are confirming that you are not pregnant. Mothers who are nursing are not excluded from sedation, but it is important that you discuss this with the doctor so that appropriate preparations can be made.
- **Allergies:** It is important that your doctor know all allergies you may have. This includes allergies or sensitivities to any medications, latex, and foods (since it may be necessary to feed you a small snack during the procedure).
- **Transportation:** Due to the effects of the sedation medications, you will need a responsible adult to transport you to and from your appointment and to care for you for the remainder of the day. This person must be able to legally drive on their own and be physically capable of taking care of you for the day. This person does not necessarily need to be on the premises while you are receiving treatment, but they should leave a cell phone number where they can be reached in the event of either an emergency or if your appointment looks like it will finish either earlier or later than anticipated.
- Please do not wear contact lenses to your appointment. If you wear a watch to your appointment, we will ask that you either keep it in your pocket while you are in the chair or that you give it to the person transporting you to and from the office.
- **After your appointment:** Due to some of the lingering effects of the sedation medications, you will not be allowed to drive, operate heavy machinery or hazardous devices, do any heavy lifting or stair climbing, or make any important decisions including signing any legal documents (including credit card slips) for 24 hours.

By signing below, you are acknowledge that you have received a copy of this document, that you have had an opportunity to address any questions or concerns with the doctor, and that you agree to adhere to the above guidelines.

Patient's Signature & Date: \_\_\_\_\_