



Instructions for Patients Receiving Sedation

1. To reduce the chances of nausea, do not eat any food or drink opaque liquids (for example: coffee, milk, orange juice) for **at least** six hours before your appointment. You may drink clear liquids (such as water, apple juice) up to two hours before the procedures.
 - If your appointment is in the morning, do not eat or drink anything between bedtime and your scheduled appointment.
 - If your appointment is at 1:00 pm, you may eat a light breakfast before 7:00 am. Afterwards, do not eat or drink anything until after the appointment.
 - Unless specified by your dentist, all medicines taken on a routine basis should be continued without interruption. Please swallow with a minimal amount of water if within 2 hours of your appointment.
2. A responsible adult, over 18 years of age, **must** accompany the patient to the office and remain here throughout the entire procedure, if possible. Following the sedation, this responsible adult should remain with the patient for the rest of the day or until the patient is fully awake.

MUST HAVE A DRIVER TO AND FROM APPOINTMENT

3. A parent or legal guardian **must** accompany minors (persons under the age of 18 years of age)
4. We may ask you to move your contact lenses.
5. Please do not wear fingernail polish (on at least one finger)
6. Following the sedation, patients should refrain from driving an automobile or engaging in any activity that requires alertness until the next day or until fully alert. Avoid alcoholic beverages until the next day.

FAILURE TO FOLLOW ANY OF THESE INSTRUCTIONS WILL RESULT IN CANCELLATION OF THE SEDATION APPOINTMENT

IF YOU HAVE ANY QUESTIONS OR CONCERNS, YOU MAY REACH YOUR DOCTOR BY CALLING:

512-335-8121