



Pre-op and Post-op Instructions for Patients Receiving Sedation

1. Because your safety is our utmost concern, please notify our staff prior to your appointment if you have had a cold, flu, congestion etc. within one week of your sedation appointment. This is especially important for pediatric patients who will be sedated in our office for treatment.

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

2. In the case of a pediatric sedation, you will be provided with a pill (children's Benadryl) before your appointment. Please have your child take this pill the evening before their appointment. This will help minimize the amount of saliva your child produces at their appointment and make them more comfortable. If your child is unable to swallow a pill, a children's liquid Benadryl taken the night before the procedure will also suffice.
3. 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. After the appointment, make sure you are maintaining a consistent intake of calories from soft foods, shakes, soup or other foods to prevent nausea.
 - 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.
4. 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

5. A parent or legal guardian ***must*** accompany minors (persons under the age of 18 years of age)
6. Please wear loose, comfortable clothes for your appointment. We may ask you to remove your contact lenses.
7. Please do not wear fingernail polish on at least one finger (this disrupts our oxygen saturation monitor)
8. Following the sedation, patients should refrain from driving an automobile or engaging in any activity that requires alertness for the rest of the day. Avoid alcoholic beverages until the next day.
9. Children should avoid riding bicycles/scooters and other potentially dangerous toys. Please supervise your child getting in and out of the car, playing outside, using the restroom, using stairs at home, etc. They should decrease their normal activity level for the remainder of the day.
10. Adults only - if pain relief is needed post-procedure, we suggest taking the following doses to ensure adequate relief: take **650mg of Acetaminophen and 600mg Ibuprofen together every 6 hours** as needed.

**IF YOU HAVE ANY QUESTIONS OR CONCERNS, YOU MAY REACH YOUR DOCTOR BY CALLING:
512-335-8121**