

## Oral Sedation Information Sheet

### Pre-Operative Instructions

1. Take regular medications unless specified not to by the Physician or Dentist
2. No solids are to be eaten for six hours prior to the appointment. Clear liquids (i.e. water, Gatorade, apple juice) may be consumed up until 2 ½ hours prior to the appointment.
3. A responsible adult must accompany the patient to the office, remain in the office during the procedure, and drive the patient home.
4. Have post-op nourishment and pain medicines readily available for when you return home (liquids with calories, food, Tylenol, Ibuprofen, etc.)
5. No smoking or drinking alcohol for 8 hours prior to the dental appointment
6. Sedative medications must be taken according to the Dentist's instructions
7. Patient must have NO chance of pregnancy
8. Wear appropriate, comfortable clothing with sleeves that can be rolled up to accommodate a blood pressure cuff.
9. Do not wear lipstick, excessive makeup, or nail polish on the day of surgery.
10. Patient must provide the doctor with a complete and current list of all medications, both prescription and over the counter **prior** to the appointment. Patient must also inform the doctor of any allergies or other health problems, **prior** to the appointment. If medical history or current medications change between the consultation appointment and the actual treatment appointment, please contact our office with updates to prevent any delays in treatment. Our office contact info is at the bottom of this page.
11. Let the doctor know if you have a history of nausea/vomiting/fainting or anything other problems related to anesthesia or dental treatment.

### Post-Operative Instructions

1. Take all regular or prescribed medications as outlined by the Physician or Dentist
2. No alcohol for 12 hours after treatment, or while taking pain medication
3. No driving or operating heavy machinery for 12 hours after treatment
4. The responsible companion who drives the patient home must observe recovery for at least 4 hours. The companion should be able to manage the patient in case of dizziness/loss of balance, make sure the patient gets adequate nourishment, and manage the pain medication as instructed.
5. Drink plenty of fluids with calories (i.e. juice, milkshakes, protein drinks, Gatorade) and rest for the remainder of the day after the appointment.

I have read, understand, and agree to follow the above guidelines for my appointment with sedation.

Patient Signature \_\_\_\_\_ Date \_\_\_\_\_

Patient's Printed Name \_\_\_\_\_