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Patient Name

Instructions For Patients Receiving Sedation

Sedation will make your dental treatment a very pleasant experience. It is suitable for most people, but if you are not in good health or if you are taking medication, you need to let us know, so the sedation can be modified to suit your needs.

Therefore, you must report:

Any and all personal illness or allergies – no matter how insignificant they may seem to you.

Any medication or drugs, prescribed or recreational, you have taken within the last three weeks.

Preceding your appointment you must plan your day so that the following instructions can be observed:

1. Someone must escort you to our office, and wait inside the building until your sedation has begun. Someone must be available to take you home when the sedation is completed. If you arrive at our office unescorted, we will not be able to perform the sedation.
2. Do not eat or drink anything for at least eight hours prior to your appointment. Clear liquid two hours before the procedure is acceptable.
3. Wear loose fitting clothing with sleeves that can be drawn up past the elbow, and wear low heeled shoes.
4. Remove contact lenses.
5. Be on time for your appointment
6. Remove fingernail polish and/or artificial nails.
7. Take your normal medications unless otherwise directed.
8. No sedatives (including alcohol) for 24 hours before and after, except for any night time medications prescribed by our office.
9. No stimulants (including caffeine or nicotine) for 12 hours before and after; refrain from smoking within your own personal limitations.
10. No possibility of pregnancy at this time.

These instructions are so important that failure to observe them will automatically result in cancellation of your treatment that day.

The sedative drugs used will cause drowsiness for several hours and alter your judgment and reflexes substantially. They will also alter the actions of certain other drugs.

Therefore, following your appointment you must specifically agree:

1. Not to drive or operate machinery.
2. Not to undertake responsible actions or decisions (including watching children and cooking).
3. No heavy lifting.
4. No stairs.
5. Must continually drink fluids (water) the remainder of the first day and throughout the second day.
6. **ABSOLUTELY NO DRUGS OR ALCOHOL** 24 hours before or after treatment.

These instructions will make the process of sedation safe and effective. Our staff is committed to making your experience as comfortable as possible.

I have read the above instructions and agree to follow them.

Patient

Office Personnel

Date