



Pre Op Instructions for Oral Sedation

- 1. Please arrive 1 hour before your scheduled appointment time.**
Your sedation medication will be provided to you then.
- 2. Do NOT eat or drink for 8 hours prior to your appointment time.**
You may consume clear liquids (water, apple juice) up until 3 hours prior to your appointment.
- 3. You must be accompanied by a responsible adult** who will drive you to the appointment and drive you home. You must **NOT** be left alone the first **6 hours** after your sedation. If your escort is unable to remain during your treatment, we must have a telephone number to reach them. Patients under the age of 18 must be accompanied by a parent or guardian.
- 4. Continue to take your routine prescribed medications.** In most circumstances your medication should be continued. Please do not alter your normal medication schedule unless your doctor has instructed you to do so.
- 5. Do not drink alcohol** for 24 hours prior to your appointment or while taking any prescribed pain medication. **No smoking** the day of the appointment as nicotine interferes with sedation medications.
- 6. Do not eat high fatty** foods for 24 hours prior to your appointment.
- 7. Do not wear tight fitting clothing.** Please wear loose fitting clothing with short sleeves to allow access to your arm for blood pressure monitoring.
- 8. Do not wear fingernail polish.**
- 9. Please note your treatment room will be kept at a cool temperature.** We encourage you to bring a loose-fitting sweater/blanket with you to the appointment.

If you have any other questions or concerns, please contact our office.

Sincerely,

Hepworth & Damas