

## Pre-Sedation Instructions

### **Eating and drinking:**

Do **not** eat or drink at least 8 hours prior to the dental appointment. This helps to avoid vomiting and resulting complications during sedation.

### **Change in health:**

Notify us as soon as possible of any changes in your health (*ex: cold, fever, hospitalization*) during the week prior to the dental visit.

### **Arriving:**

Arrange to be picked up and dropped off for your appointment, you will not be able to drive yourself home or drive the rest of the day. You **must** have your driver present with at the time of the procedure and be available immediately following the procedure. **DO NOT** bring children to this appointment due to the length of time and limited capacity.

### **Activities:**

Do not plan further activities for the rest of the day. Allow yourself to rest and plan to make the day quiet and relaxed.

### **Dress Code:**

Dress in light, comfortable clothing. We will need access to the big toe, calf arm or shoulder for our monitor. Please **do not wear** excessive makeup or lipstick, they can interfere with the monitor equipment during the procedure. If possible **no nail polish**, turtle necks or tight clothing. **Bring your own chapstick** since lips tend to chap with having the mouth open for a long extensive time.


**Medications:**

Take routine medications with only a **SIP** of water. Diabetics take 1/2 your insulin the night prior, **NO** insulin the day of your procedure. Only blood pressure medication need to be taken (*if necessary*)

**Contacts:**

**Do not** wear eye contacts. Wear your prescription eyeglasses.

**If you have questions/or concerns please do contact our office.**

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