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**PRE-APPOINTMENT INSTRUCTIONS**

**DIET:** Do not eat or drink anything for:

8 hours prior to I.V. anesthesia or oral sedation

4 hours prior to Inhalation Sedation (Nitrous Oxide/laughing gas)

No solid foods or liquids of any kind (no crackers, juices, coffee, water, gum or sucking candy, etc.) The only exception is for water which you can have up to 2 hours before your appointment.

**MEDICATIONS:** If you are taking any medications or drugs, please consult with this office to find out if they should be taken prior to an appointment.

If a pre-operative prescription is given, please fill it and take the medication, as instructed, with a **small sip** of water.

**COMPANION:** Before the treatment appointment, make arrangements to have a responsible adult accompany you home following treatment. You will **not** be allowed to leave by taxi or bus. **YOU MUST NOT DRIVE YOURSELF HOME!** You **MUST** be accompanied home.

**CLOTHING:** Please dress as simply as possible: wear comfortable shoes and warm clothes, no contact lenses, no cosmetics, no jewelry.

We have reserved four (4) hours of office time for your treatment appointment. We will try to confirm the appointment two (2) days prior to treatment. If you are unable to keep the appointment, twenty-four (24) hour notification is required.

**POST APPOINTMENT INSTRUCTIONS**

**DIET:** Following treatment, if you feel hungry or thirsty start with clear liquids (tea, apple juice, broth) then soup and soft foods; do not force foods.

If you have any diet restrictions you may bring soft food and beverages.

DO NOT drink alcohol or smoke for 24 hours after I.V. sedation or oral sedation

**ACTIVITIES:** Following I.V. anesthesia, it is common to feel sleepy or dizzy. Do not walk unassisted during the first day following treatment. **DO NOT DRIVE** or operate machinery for twenty-four (24) hours following treatment.

**MEDICATIONS:** We strongly recommend taking Aleve, Tylenol or Advil if normally tolerated as prescribed by the dentist on the day of the appointment. After this if a post-operative medication is prescribed, take the medication as directed.

If you have any questions or require assistance of any kind, the office is open from 8:00 a.m.-5:00 p.m., Monday-Friday. In an emergency the doctor may be reached at **any time**, through the voicemail where instructions will be given on how to reach a doctor.