



## PREOPERATIVE SEDATION INSTRUCTIONS

### NO FOOD OR WATER WITHIN 6 HOURS BEFORE SURGERY

To reduce the chances for nausea, **do not** eat or drink anything (including water) for **at least 6 hours prior to your appointment.**

- For **morning** surgery: do not eat or drink anything between your bedtime and your scheduled appointment.
- For **afternoon** surgery: a light liquid breakfast before 7:00 A.M. is encouraged
- Unless specified by your dentist, all medicines taken on a routine basis should be continued without interruption. *Please swallow with a minimal amount of water.*

### RESPONSIBLE PARTY

A responsible adult, over 18 years of age, must accompany the patient to the clinic and remain here during the entire procedure. Following the sedation, this adult must escort the patient home and a responsible adult should remain with the patient for the next **24 hours.**

### MINORS

Minors (persons under the age of 18 years) must be accompanied by a parent or legal guardian.

### PERSONAL PREPARATION

- Patients should wear clothing which is not restricting to the neck or arms.
- Patients should wear loose fitting tops on which the sleeves can be rolled to the shoulder.
- Contact lenses must be removed prior to sedation.
- Nail polish should be removed.

### POST SURGERY

Following the anesthetic, patients should refrain from driving an automobile or engaging in any activity that requires alertness for the next 24 hours.

**FAILURE TO FOLLOW ANY OF THESE INSTRUCTIONS WILL RESULT IN CANCELLATION OF THE  
SEDATION APPOINTMENT.**

*For any concerns or problems following sedation please call our office*

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