



HENRIETTA FAMILY DENTAL  
IMPLANT & DENTAL CARE

## Pre-Op Instructions for Oral Sedation Procedures

Please Review Instructions below before Your Sedation Appointment

Contact us prior to your appointment if there has been a change in your health.

1. You must arrange to have someone accompany you to and from your appointment.
2. Nothing to eat for (6) six hours before appointment.
3. Clear liquids are permitted up to (2) two hours prior to appt examples below:
  - Clear fruit juice (no pulp)
  - Black coffee or tea (sugar allowed but no milk, cream or whitener)
  - Pop (regular or diet)
  - Gelatin desserts (Jell-O)
  - Popsicles
  - Water
4. Please do not wear make-up, nail polish or perfume.
5. Wear comfortable loose-fitting clothing. A short sleeved shirt is best. Bring a sweater as well.
6. If you are taking medications or are a diabetic, please ask for any special instructions.
7. Visit the bathroom prior to being seated.
8. Coughs and cold can interfere with your appointment. If you are feeling ill in the days preceding your appointment, please advise our office.

## Post-Operative Instruction for Sedation Appointments

**You must not drive or operate machinery for 24 hours, as dizziness/drowsiness may persist.**

1. Do not travel by public transportation.
2. You must refrain from drinking alcohol for 24 hours after appointment.
3. Avoid hot/cold beverages as the freezing may last for 2-4 hours, be careful not to bite your lip or tongue.
4. Pain medication may be taken as directed, but do not exceed the instructed dose.
5. Please have someone home with you the first few hours after your appointment.

**If you have any questions or concerns, contact the office (519) 432-1153**