



## Moderate sedation: Pre-sedation patient instructions

*For the safe treatment of the patient, the following pre-sedation instructions must be followed very carefully.*

### FOOD AND BEVERAGES

- Nothing to eat or drink for 8 hours prior to dental procedure with the exception of water and clear fluids (Apple juice, tea, coffee or water).
- Stop drinking clear fluids 4 hours prior to dental procedure.
- For 6 hours after sedation eat/drink only lightly (e.g., toast and a clear fluid)

### MEDICATIONS

- It is essential to discuss with your dentist whether or not you should take medication(s) you otherwise take on a regular basis.

### CLOTHING

- Remove nail polish from at least one fingernail on each hand
- Wear loose casual clothing for your appointment (e.g., short sleeve t-shirt).
- Female patients should wear slacks
- Best to leave jewelry at home

### SMOKING

- Refrain from smoking prior to treatment.

### TRANSPORTATION

- Under no conditions can you drive yourself home. A responsible adult (excluding a taxicab driver) must accompany you home.

### CHANGE IN HEALTH STATUS

- If your general health deteriorates (e.g., cold, cough, fever, etc.) contact the office at (250)787-1606 prior to the day of your appointment.
- If in doubt, please phone to report the change in your health status.

*If you have any questions, please do not hesitate to ask them. It is important that you understand the circumstances surrounding this treatment.*

Appointment date and time: \_\_\_\_\_