

## PRE-OPERATIVE INSTRUCTIONS FOR IV SEDATION

Before you come into our office on your scheduled date, here are some tips and guidelines to follow so that you will be prepared:

- Do not eat or drink anything at least six (6) hours before your appointment. You may take any prescribed medications with a few sips of water, but otherwise it is important to come to your appointment on an empty stomach.
- Make sure you have a companion or designated driver that will accompany you and stay in the office throughout the entire procedure. IV sedation will leave you groggy for hours so you will be unable to drive. You cannot take a taxi or Uber ride to or from your appointment.
- Sleep well the night before your appointment. Getting good rest will help stabilize your vital stats and ensure that your body will cooperate during the entire procedure.
- Bring the necessary documents for financial purposes such as insurance card, credit cards, etc.
- Brush and floss before you come to the office. This will minimize the risk of infection and also help our dentists to efficiently perform the procedure.
- Dress in comfortable attire and footwear. You must wear a t-shirt or tank top in order to allow the placement of vital sign monitors. Long sleeves, sweatshirts, and dresses make it difficult to place monitors correctly so they should NOT be worn to your appointment. Accessories such as jewelry and contact lenses will need to be removed prior to the procedure and, ideally, should be left at home.
- Avoid wearing make-up or dark nail polish because these can affect the observation of your vitals.
- Make sure you have disclosed ALL of your medical information and history to our dentists. This will prevent any issues or contraindications with the anesthetics that are used. You may be asked to get medical clearance from your primary doctor. This is for your safety. Withholding crucial information about your health can lead to poor outcomes under anesthesia.
- Prepare for one (1) week of a soft food and liquid diet. Examples of soft foods to include in your diet are soup, Jell-O, pudding, ice cream, yogurt, mashed potatoes, apple sauce, oatmeal, protein shakes, fruit smoothies, and juice.
- If you will not be able to come in for your appointment, please advise us at least 24 hours prior to your scheduled time.

Patient/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_