

Before your Sedation Appointment

Things to-do/remember the day before your appointment:

- No smoking* - *This affects the level of sedation during your treatment and can negatively affect your comfort level during the appointment.*
- No alcohol*- *The dentist cannot safely sedate you if you have had alcohol, narcotic pain medicines (including Vicodin / Hydrocodone) or any street or recreational drugs.*
- No caffeine
- Take no additional medications (e.g. OTC pain medications, antihistamines, antacids, herbal or nutritional supplements) unless you have discussed each with the dentist*
- Nothing to eat for four hours prior to your appointment. It is Ok to take your medications with some water on the day of the appointment*
- Unless otherwise instructed by the dentist
- Remember to remove any dark nail polish (e.g. blue, black, etc)

The day of your appointment:

- Take the sedative medication as instructed by the dentist before your appointment
- Please leave jewelry and watches at home
- No contact lenses
- Wear comfortable clothing
- Wear comfortable shoes/socks

It is absolutely essential that you have your escort drive you to your appointment.

**We will not be able to proceed with your appointment if you drive yourself.*

**Regrettably, failure to comply with the items marked with an asterisk can compromise the safety of the sedation procedure. In most cases, your dentist will not be able to proceed with your treatment.*