

## Sedation Instructions

Please review these instructions carefully before your procedure.

Most problems happen when patients eat too close to surgery or arrive without a driver. **If anything is unclear, call the office before your appointment.**

### BEFORE YOU ARRIVE

- Nothing to eat or drink for **8 hours** before your sedation appointment, including water, coffee, gum, mints, candy, and smoking/vaping.
- Do not stop your routine medications unless our office specifically told you to. Most regularly scheduled medications may be taken as usual with a very small sip of water, just enough to swallow.
- If we prescribed an antibiotic before surgery, take it about **1 hour** before your scheduled procedure time unless you were given different instructions.
- Avoid smoking or using marijuana in any form for **3 days** before surgery to help support safe, smooth sedation and recovery.

### WHAT TO WEAR

- Wear loose-fitting, comfortable clothing. Short sleeves are helpful because monitors and an IV may be placed.
- Avoid white or very light-colored clothing because it may become soiled during treatment.
- Remove contact lenses before your visit. Glasses are fine.
- Please make sure at least one finger has no acrylic, gel, dip powder, or other false nail so we can monitor oxygen levels accurately.

### TRANSPORTATION & ESCORT

- A responsible adult must drive you home and remain in the office during your procedure. They may not drop you off, leave, and come back later.
- You may not go home alone in an Uber, Lyft, taxi, or other rideshare after sedation unless a responsible adult companion is with you for the trip home.
- Plan to rest for the rest of the day. Do not drive, work, sign important documents, drink alcohol, or make major decisions after sedation.

### HELPFUL REMINDERS

- Arrive on time. If you arrive late, your procedure may need to be rescheduled for safety.
- Bring a list of your medications and let us know about any illness, fever, cough, congestion, or change in your health before the appointment.
- Children receiving sedation must follow the same fasting rules and be accompanied by a parent or legal guardian.

**If fasting instructions are not followed, sedation may need to be delayed or cancelled for safety.**

*General education only. Your care plan may differ based on your anatomy and procedure*