

Conscious Sedation for Your Dental Appointment

Preoperative Instructions

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Things to do/remember before your appointment

- **No Smoking** - this affects the level of comfort during and after your appointment and can negatively affect the result of the treatment.
- **No Caffeine** - please avoid coffee and soft drinks 3-4 hours prior to the appointment.
- **No Alcohol** - we cannot safely sedate you if you have consumed alcohol, narcotic pain medicine, or any street or recreational drugs.
- **No Food or Drink** - (except water or juice) should be taken 4-5 hours prior to your appointment unless you are taking medications for conditions such as blood pressure or diabetes, but that meal eaten prior to your appointment should be light.
- Halcion medication (Triazolam) should be taken as 2 tablets 1 1/2 hours prior to your appointment unless otherwise instructed..
- Even though a thorough medical history was performed during your initial appointment, it is very important that you report any illnesses or drug intakes since that time. Take no additional medications (i.e. over the counter pain medications, sleeping medications, antacids, steroids, and herbal or nutritional supplements) unless you have discussed these medications with Dr. Sutor.
- You **must** have an escort drive you to and from your appointment (please make sure that they know the location of our office before you take this medication).
- All payment arrangements must be made **prior** to your sedation appointment.
- Please call our office if you have any questions or difficulties.