

**VERY IMPORTANT
INFORMATION:** PLEASE
READ THE FOLLOWING
INFORMATION CAREFULLY

Your appointment is
scheduled for:

Keep in mind that it is
best to allow for some
flexibility around your
appointment time on the
day of your procedure.

**PRE-OPERATIVE INSTRUCTIONS FOR DENTAL ANESTHESIA
VERY IMPORTANT INFORMATION**

- 01 A responsible adult (caregiver), over 18 years of age, should accompany you to the office. Following the sedation, your caregiver should be physically capable of assisting and accompanying you home and should remain with you for the next 24 hours.
- 02 If receiving intravenous sedation, we suggest you wear comfortable clothing that is not restricting to the neck or arms.
 - E.g. lightweight jogging suit
 - Wear short sleeve or loose fitting top to allow easy access for blood pressure cuff
 - Please be sure to wear shoes that are securely fastened
 - no flip-flops
 - no loose-fitting sandals
- 03 To reduce the chances of nausea, do not eat or drink anything (including water) for **at least 6 hours prior to your appointment.**
 - Avoid fatty foods for at least eight hours prior to surgery
- 04 Do not drink any alcohol or caffeinated beverages for 24 hours prior to your appointment.
- 05 You should not drink grapefruit juice or eat any grapefruit products for 7 days before your appointment.
- 06 **Do not take any medication not approved by your dentist.**
 - Approved medicines taken on a routine basis should be continued without interruption. Please swallow with a minimal amount of water.
- 07 At _____ take your sedation pills. Have your caregiver bring you to our office at _____ sharp. **Absolutely NO driving yourself!**
- 08 Due to the limited space in our treatment room, your caregiver will not be able to stay with you during your appointment. Have them leave us their cell phone number so that we can phone them when your treatment is completed.
- 09 Following the sedation you should refrain from driving an automobile or engaging in any activity that requires alertness for the next 24 hours.
- 10 We have found that many patients benefit from natural healing agents that can be purchased at local drug stores. The following will boost your system and aid in producing an excellent healing experience:
 - Vitamin C 1000mg taken 3x/day
 - Enzyme CoQ 10 50mg taken 2x/dayWe recommend beginning this vitamin regimen as soon as one week before the appointment and to continue for at least 2 weeks after the appointment.
- 11 If you have any questions or concerns, please feel free to call Doctor **Saxon** at **816-651-9683.**