

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