

## Instructions Before Sedation

- **Do not have anything to eat or drink for eight (8) hours prior to the appointment**, including water. If you eat or drink we will need to reschedule. Please take any medications with a small sip of water the morning of the procedure.
- **A responsible adult must accompany you to the office, remain in the office during the procedure, and accompany you home. Sedation will not be started unless your responsible adult is present.** A taxi, ride line, or public transportation can be used but you must have a separate responsible adult who is your friend or family member to take care of you. The accompanying adult should keep you under close observation for a full day.
- **Wear loose fitting clothing and a short sleeved shirt. Remove any thick nail polish or coverings.** Do not wear lipstick, excessive makeup, contact lenses, or tongue/lip rings on the day of surgery. If you wear contacts please wear glasses the day of surgery.
- If you develop a cold or illness such as a sore throat, cough, or pneumonia before your surgery please call our office to let us know. It may be safer to reschedule the procedure rather than cancelling due to illness on the day of the appointment.
- Do not drive a vehicle or operate any machinery for 24 hours following anesthesia.
- Sometimes opioid pain medication is prescribed, such as oxycodone, hydrocodone, codeine, etc. You should not drive or operate machinery while using opioid medications. Please be aware that sharing your medication with others is dangerous. Please store any medications in a secure location. If you have any medications left after you feel better they should be disposed of at the pharmacy.
- Please give a copy of this information to your responsible adult so they can be prepared to help with your care.

---

**Patient's (or Legal Guardian's) Signature**

**Date**