



## PREOPERATIVE INSTRUCTIONS FOR ORAL AND IV SEDATION

### **A FEW DAYS BEFORE**

Get your prescriptions filled and take as prescribed.

Arrange for a driver/escort (They will need to be available for the day)

### **THE NIGHT BEFORE**

The night before your surgery, have a normal evening dinner.

Take any nighttime medications that you normally take or that were prescribed for the night before surgery (oral sedation)

### **THE DAY OF SURGERY**

1. **DO NOT EAT SOLID FOOD OR DRINK LIQUIDS AFTER MIDNIGHT.** This includes water, coffee and Juices with pulp. This is extremely important for your safety; it could lead to a life-threatening situation.

2. If you are doing oral sedation, take the prescribed medication as directed 1 hour before your surgery with only a **SIP OF WATER** and bring 3<sup>rd</sup> tablet to the office

3. Wear loose, comfortable clothing to the office for surgery.

- **Short sleeve shirt or T-Shirt.** If you get cold or chilled, a blanket will be provided.
- **Pants or shorts.** No dresses or skirts
- **Flat comfortable shoes** (sneakers) **NO FLIP FLOPS, SANDALS, OR HEELS**

4. No contact lenses, make-up, jewelry, Dark or metallic nail polish

5. **A responsible adult, age 18 and older, must drive you to the office.** You cannot arrive by public transportation (Lyft, Uber or bus). This person must check you in, stay and wait for your surgery to be over before checking you out to go home. Post-operative instructions will be discussed with your responsible adult/driver.

6. You should not be left at home alone until you are fully alert (minimum of 4-6 hours)

7. Please bring any appliances to the office (dentures, flippers, retainers) or anything removable for your mouth even if it is not worn regularly.

I have read these instructions and understand they are important for a safe experience and agree to follow them in prepping for my surgery.

\_\_\_\_\_  
Patient/Guardian Signature

Discussed By \_\_\_\_\_

\_\_\_\_\_  
Date