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PRE/POST OPERATIVE INSTRUCTIONS FOR SEDATION

A responsible adult, over 18 years of age **must** accompany the patient to the office and **remain on site throughout the entire procedure**. Following the sedation, a responsible adult must escort the patient home, and should remain with the patient for the remainder of the day.

A parent or legal guardian **must** accompany minors (persons under 18 years of age).

- Unless specifically directed otherwise, patients **must** adhere to the following instructions:

- ❖ **NOTHING TO EAT FOR 8 HOURS PRIOR TO START OF PROCEDURE!!**

- Clear liquids and plain BLACK coffee are allowed up until 2 hours prior to the start of appointment. No milk or milk products!

- ❖ **NOTHING TO DRINK 2 HOURS BEFORE START OF PROCEDURE!!!!**

- FAILURE TO FOLLOW THESE INSTRUCTIONS WILL RESULT IN CANCELLATION OF APPOINTMENT AND LOSS OF DEPOSIT!

- ❖ Take all medications as normally scheduled unless specifically directed otherwise by the dentist and at least 2 hours before appointment with only small sips of water, **NO APPLESAUCE!**
- ❖ Make every effort to minimize smoking for 12 hours prior to start of procedure
- ❖ Wear closed toe, flat shoes (**NO** sandals or house shoes).

For intravenous sedation, patients must wear clothing that is not restrictive to the neck or arms. Patients should wear loose-fitting tops on which sleeves can be rolled to the shoulder so the doctor can access the arm. Preferably no dresses. Tee shirts are ideal, blankets can be provided.

Following sedation: patients **must** refrain from driving an automobile, drinking alcohol or engaging in any activity that requires alertness for the next 24 hours. Patients should rest for the remainder of the day. Ensure the patient is assisted when walking is necessary, they will likely be unsteady for several hours following the sedation. When the patient begins to ask for water and is alert, they can start out with very small sips of water. If the patient tolerates this, they can move on to soft foods and when back to pre-sedation state can resume eating normally unless specifically restricted by the dentist. Nausea is not uncommon following sedation, if there are concerns, please call our office.

FAILURE TO FOLLOW ANY OF THESE INSTRUCTIONS MAY RESULT IN CANCELLATION OF THE SEDATION APPOINTMENT AND LOSS OF DEPOSIT!!!!

For any questions or concerns about pre-operative instructions or following the sedation/procedure, please contact the **front office** at (512) 892-8822 or **Dr. Goehring** who can be reached after hours at (512) 417-8709.