

## Prior to Sedation Appointment Checklist

Many of these instructions are included in your medication instruction letter, but they bear repeating. Stick this handy checklist on your fridge!

- Smokers** – nicotine levels in your blood will affect your sedation experience
  - Less than ½ pack a day? – refrain from smoking for 12 hours
  - ½ - full pack a day? – refrain from smoking for 8 hours
  - 1-1 ½ pack a day? – refrain from smoking for 4 hours
  - More than 1 ½ packs per day? – smoke right before coming to the office
- No Alcohol or Narcotic drugs** – we cannot safely sedate you if you have consumed alcohol, narcotics of any type (including Vicodin/Hydrocodone) or any street or recreational drugs
- No Caffeine for 12 hours** (coffee, iced tea, Mountain Dew, Pepsi, etc.) consuming caffeine will limit your level of sedation
- Nothing to eat or drink after midnight**
- The evening before your appointment take:** \_\_\_\_\_
- The morning of your appointment:**
  - Take the medications provided at \_\_\_\_AM or exactly one hour before you have been asked to arrive at the office
- Wear light-weight comfortable clothing, preferably with short sleeves**
- Wear comfortable shoes and socks or bedroom slippers**

**It is absolutely essential that you have your escort drive you to your appointment.** We will not be able to proceed with your appointment if you drive yourself, and this will result in a forfeiting of your prepaid fee.

**Your companion will need instructions,** so please have him/her speak with the dental team before dropping you off. Your companion is welcome to remain here during your sedation visit.