

PATIENT SEDATION INSTRUCTIONS:

BEFORE YOUR SEDATION APPOINTMENT:

- **Take your regular daily medications unless specified by your Physician or Dentist.**
- **Do not eat or drink 8 hours prior to the dental appointment. Water is OK.**
- **You must be driven to the office by a responsible companion.**
- **No smoking or drinking alcohol for 8 hours prior to the dental appointment.**
- **Sedative medications must be taken according to instructions.**

AFTER YOUR SEDATION APPOINTMENT:

- **Take all regular or prescribed medications as outlined by your Physician or Dentist.**
- **No alcohol for 12 hours after your appointment.**
- **No driving for 12 hours after your appointment.**
- **Do not operate machinery for 12 hours after your appointment.**
- **Must have a responsible companion drive you home and observe your recovery.**
- **While your mouth is numb, eat liquids or soft, cool foods.**
- **Drink plenty of fluids after the dental appointment.**
- **Try not to sleep excessively after the appointment; it is best to go to bed at your regular time.**

**IF YOU HAVE QUESTIONS, PLEASE CALL THE OFFICE OR
DR. NIELSON'S CELL PHONE: 623-845-2563**