

## **Anesthesia Pre-operative Instructions**

We're glad you've chosen to have sedation with your dental procedure. It can make the procedure much more tolerable, and we want your experience to be a pleasant one! However, there are important instructions that need to be followed precisely.

- 1) You must have a responsible adult accompany you to the appointment and drive you home at the end of the recovery period in the office. We will not treat you without your ride present.
- 2) Please do not eat or drink anything including gum or water for 8 hours prior to your appointment. To do so could be life-threatening: there is a risk for stomach contents entering your respiratory system if this rule is not followed. As such, your procedure will be cancelled if you drank or ate something within 8 hours of the appointment.
- 3) Do not ingest any grapefruit products within 48 hours of the appointment as it affects the potency of our sedatives.
- 4) If you have been cleared to take medications at a time prior to the appointment, you may take them with a sip of water. Please notify us of any medications you have taken prior to the appointment.
- 5) Please wear loose fitting garments and a short sleeve upper garment. This will not only allow you to be comfortable during your procedure, it will allow ease of breathing, and access to your IV and monitoring equipment which will be attached to your chest. Also do not wear dark nail polish or acrylic tips as this may cause inaccuracies in our oxygen monitoring equipment.
- 6) Please arrive no later than 15 minutes prior to your scheduled appointment.
- 7) If you develop a cold, flu, sore throat, cough, or any other illness, please call our office to postpone your appointment until you are healthier and there is less risk involved.
- 8) Please take the following medications as prescribed:

If you have any questions please do not hesitate to contact our office at 410-235-1233. We look forward to seeing you for your appointment!