



**Ambulatory Dental  
Anesthesia Associates**  
— VIGILANT —

Dedicated to make the dental experience for your patients,  
comfortable and anxiety free, since 1978

# Pre op Instructions

## > INSTRUCTIONS FOR PATIENTS

### **PRIOR TO SLEEP DENTISTRY**

The following instructions must be strictly adhered to for your safety before commencing with your sleep dentistry (Conscious Sedation/Anesthesia). Neglecting any of the following may compel the doctor to cancel the start of your treatment.

#### ■ PLEASE ADD YOUR INITIALS ON EVERY LINE

#### 1. Eating and Drinking

\_\_\_\_\_ Morning patients **may not** have anything to eat for at least eight (8) hours prior to your scheduled appointment and **may only** drink clear water no later than two (2) hours of your appointment.

\_\_\_\_\_ Afternoon patients **may only** have dry toast, clear apple juice with no solids, and black coffee (with NOTHING added) no later than six (6) hours, and clear water no later than two (2) hours of your scheduled appointment. The meal **MUST NOT** contain any milk or other dairy products.

#### 2. Medications

\_\_\_\_\_ If you have medications which must be taken in the morning, they may be taken with a small **sip of water**.

#### 3. Clothing and makeup

\_\_\_\_\_ **Short sleeves or no sleeves** are desirable and it is suggested that comfortable loose clothing and pants be worn as well as **comfortable flat shoes**. Contact lenses must be removed before the sedation/anesthesia is administered. Leave all valuables at home. **BRING CHANGE OF CLOTHES AND BLANKET FOR CHILDREN**. It's recommended that nail polish be removed on one or two index, middle, or ring fingers for proper monitoring during sedation/anesthesia.

#### 4. Changes in Health

\_\_\_\_\_ A change in your health, especially the development of a fever or cold, is very important. For your safety, you maybe re-appointed for another day. If possible please inform the office of any change in your health prior to your appointment.

#### 5. Arriving

\_\_\_\_\_ A responsible adult must drive you to the office. Please try to arrive early.



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### 6. Getting Home

\_\_\_\_\_ **All patients must be accompanied home by a responsible adult.**

\_\_\_\_\_ **\*\* Children require two (2) adults for their ride home. One to drive the vehicle and the other to be with the child.**

\_\_\_\_\_ Do not plan to drive a vehicle or operate potentially dangerous equipment for twenty four (24) hours after your treatment. Do not take a taxi or public transportation.

### 7. Home

\_\_\_\_\_ For safety reasons a responsible adult should be with the patient until the next day.

### 8. Drug use

\_\_\_\_\_ **The use of "street drugs" (marijuana, cocaine, heroin, etc.) is strictly forbidden** for several days prior to the administration of any sedative/anesthetic and until full recovery is achieved. The reason for these restrictions is your personal safety. The mixture of "street drugs" and anesthetic/sedative agents has resulted in very serious and even fatal complications.

I have read, understand and agree to the above instructions.

\_\_\_\_\_  
Patient or legal guardian Signature

\_\_\_\_\_  
Date