



PRE-OP INSTRUCTIONS FOR SEDATION
DENISE ARMSTRONG, D.D.S.

EATING AND DRINKING:

MORNING APPOINTMENT (before 12:00 noon): Do not eat or drink anything including water after midnight the night before your scheduled appointment.

AFTERNOON APPOINTMENT (1:00 pm or later): Eat a light breakfast before 7:00 am the day of your appointment. Do not eat or drink milk products for this meal. You can drink clear liquids (such as apple juice or soft drinks) until two (2) hours prior to your appointment.

MEDICATIONS

Medications normally taken should be taken unless otherwise agreed upon by this office, and may be taken only with a sip of water. Take only those medications that are prescribed (no vitamins) and take the medications at the same time of day as you normally would. If you take insulin for diabetes please consult with Dr. Armstrong regarding the dosage you should take.

CLOTHING AND MAKEUP

Wear something comfortable and preferable short-sleeved so that it will be easier to attach monitors (such as blood pressure cuff) and start the IV line. Do not wear contact lenses on the day of the appointment unless you routinely sleep in them.

GETTING HOME

The patient must be driven home by a responsible adult (buses and cabs are not acceptable). The driver should come with the patient and plan to stay at the office during the surgical procedure. The patient should not plan to drive a vehicle, operate potentially dangerous equipment, or make important decisions for twenty-four hours after treatment.

ONCE AT HOME

A responsible adult should be with the patient at home until the next day.

POST-OP INSTRUCTIONS

HOW YOU WILL FEEL

You will most likely be very groggy for the remainder of the day. This is very normal and you should plan to just rest for several hours after your procedure.

EATING AND DRINKING

You may eat or drink whenever you desire. Whatever you consume should be soft and not too hot. You should definitely eat something before you go to bed for the final time the night of the procedure.

INTRAVENOUS SITE

You may experience some redness, bruising or even a slight swelling at the site of the IV placement. Any redness or swelling should be gone by the next day. If it is not, please call the office where you had the procedure done.