

Pre/Post-Operative Instructions for Minimal and Moderate Sedation



**PERIODONTAL AND IMPLANT SURGEONS
OF HOUSTON**

2600 S. Gessner Rd #304 Houston, TX 77063
Tel: (713)-785-4867 Fax: (713)-785-1191

- A responsible adult, over 18 years of age must accompany the patient to the clinic and remain here throughout the entire procedure. Following the sedation, a responsible adult must escort the patient home, and a responsible adult should remain with the patient until fully awake.
- A parent or legal guardian must accompany minors (persons under the age of 18 years of age).
- Unless specifically directed otherwise, patients must adhere the following instructions:
 1. No solid food for six (6) hours before the start of the procedure
 2. No opaque liquids for six (6) hours before the start of the procedure (coffee, milk, orange juice, etc.)
 3. Clear liquids allowed until two (2) hours before the start of the procedure (water, apple or cranberry juice)
 4. No food or drink the last two (2) hours before the start of the procedure
 5. Take all medicines as normally scheduled unless specifically directed otherwise by your Doctor (if in the last 2 hours, use tiny sip of water as necessary).
 6. Make every effort to minimize smoking for twelve (12) hours before the start of the procedure.
 7. At least one fingernail needs to be available (without polish or artificial nail) the day of the procedure
 8. Shoes should have low or flat heels
- For intravenous sedation, patients should wear clothing that is not restricting to the neck or arms. Patients should wear loose-fitting tops on which the sleeves can be rolled up to the shoulder. An old tee shirt is ideal.
- Following the sedation, patients should refrain from driving an automobile, drinking alcohol or engaging in any activity that requires alertness until at least the next day or until the patient is fully recovered from the effects of the sedation drugs. This time frame may vary from patient to patient. The dentist will discuss the use of narcotic containing pain medications in the immediate post-operative period.

FAILURE TO FOLLOW ANY OF THESE INSTRUCTIONS MAY RESULT IN CANCELLATION OF THE SEDATION APPOINTMENT

For any concerns or problems following sedation, please contact Doctor _____ who can be reached at _____.