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Before your sedation appointment:

- Fasting
 - Morning appointment: No solid food after midnight.
 - Afternoon appointment: Light breakfast only.
 - Unless you have a medical reason to eat (i.e. diabetic, etc.), ***do not eat anything for 6 hours before your appointment time.***
- Arrange for a responsible adult to take you home after your appointment.
- Wear comfortable, loose-fitting clothing.
- Take regular prescription medications as directed, unless advised otherwise.
- Bring the anti-anxiety medication to take in the office when you arrive.
- No smoking or alcohol for 8 hours prior to your appointment.
- No stimulants (i.e. caffeine, tobacco, etc.) for 12 hours before your appointment.
- Patient must have NO chance of pregnancy.

After your sedation appointment:

- You may be drowsy or groggy for up to 24 hours after treatment.
- A responsible adult should remain with you until you have fully recovered from the effects of sedation.
- Drink plenty of fluids.
- Eat soft foods until numbness has worn off.
- Do not drive or operate machinery for 24 hours after treatment.
- Avoid stairs or walking unassisted for 24 hours after treatment.
- No alcohol for 12 hours after treatment.
- Partial or complete memory loss of the procedure is normal.

If any questions, please call our office. If you have symptoms that warrant a physician, go to the nearest ER immediately.

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