



## Pre-Anesthesia Instructions-Adult

You have been scheduled to receive dental treatment under Deep Sedation/General Anesthesia. The medications that will be administered will allow you to undergo this treatment in a safe and comfortable manner. The following instructions will help you prepare for this procedure. **FAILURE** to follow these instructions could put you at unnecessary risk and result in cancellation of the appointment.

### **Eating and Drinking-**

- Any solid food intake must stop 6 hours prior to the appointment.
- **CLEAR** liquids (water, apple juice) may be consumed up to 2 hours prior to the appointment.
- **NO MILK** or other dairy drinks are to be consumed.

### **Clothing-**

- Please wear comfortable, loose fitting clothes, tops/ shirts should have sleeves that are easily drawn up above the elbow (short sleeve tops/shirts recommended)
- Do not wear any jewelry, make-up or fingernail polish.
- Consider bringing in a blanket and/or pillow for the ride home.

### **Medications-**

- Take all regular medication(s) as prescribed with a small sip of water.
- If you are **DIABETIC** and **INSULIN** dependent, please inform our office to discuss the pre-treatment regimen as it applies to you.

### **Sickness-**

- Please contact our office as soon as possible to report any changes in general health-
- persistent fever, productive cough, illness, etc.

### **Escort-**

- At the completion of the appointment, at least one adult is required to bring you home.
- Please plan to have someone stay with you for at least 4 hours upon your arrival home.

### **Extras-**

- Do not consume any alcoholic beverages for at least 24 hours before and after your appointment
- If you smoke, please try to discontinue any smoking at least 48 hours prior to your appointment
- Do not change your daily routine before the appointment, plan on a good night's sleep.
- Arrange to take the day off from work and possibly the following day.

**If you have any questions or concerns about these instructions,  
please contact our office.**

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