

**THE ENDODONTIC GROUP, INC.**

PRACTICE LIMITED TO ENDODONTICS

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**INSTRUCTIONS FOR PATIENTS RECEIVING SEDATION**

1. To reduce the chances of nausea, do not eat any food or drink opaque liquids (for ex: coffee, milk, orange juice) for at least 6 hours prior to your dental appointment. You may drink **clear** liquids (such as water and apple juice) up to two hours before the procedure.
  - If your appointment is in the morning, do not eat or drink anything between bedtime and your scheduled appointment.
  - If your appointment is at 1:00 p.m., you may eat a light breakfast before 7:00a.m. Afterwards, do not eat or drink anything until after the appointment.
  - Unless specified by your dentist, all medications taken on a routine basis should be continued without interruption. Please swallow with a minimal amount of water if within 2 hours of your appointment.
2. 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, this responsible adult must escort the patient home, and a responsible adult should remain with the patient for the rest of the day or until the patient is fully awake.
3. A **parent** or **legal guardian** **must** accompany minors (persons under the age of 18 years of age).
4. Patients should wear clothing that is not restricting to the neck or arms. Please wear a short sleeve shirt. If the weather is cool, wear a jacket or sweater that you can remove.
5. If you wear **hard** contact lenses, we might ask you to remove them.
6. Please do not wear fingernail polish (on at least one finger).
7. Following the sedation, patients should refrain from driving an automobile or engaging in any activity that requires alertness until the next day or until fully alert. Avoid alcoholic beverages until the next day.

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

**If you have any questions or concerns, you may reach your doctor by calling the  
office where treatment was performed.**