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## **Minimal Sedation Pre-Sedation Instructions**

For the safe treatment of patients, the following pre-sedation instructions must be followed carefully:

### **Food and Beverages**

- Don't eat or drink 4 hours prior to your appointment (clear fluids okay)  
*Exception: diabetic patients should remain on normal eating schedule*
- Don't drink alcohol or consume narcotic pain medications, cannabis products, any street or recreational drugs prior to treatment

### **Medications**

- Most medications can be taken as usual
- Don't take herbal medications e.g. Ephedra/Kava Kava/Valerian/Chamomile/Melatonin/St.John's Wort

### **Clothing**

- Wear loose casual clothing; leave jewellery and watches at home
- Don't wear contact lenses
- Remove nail polish or gel/acrylic nails

### **Smoking**

- Don't smoke prior to treatment (tobacco / cannabis)

### **Transportation**

- A responsible adult with a vested interest in your safety must accompany you home in a car or taxi (walking and public transportation not permitted)
- A taxi driver does not count as your escort

### **Change in Health Status**

- If you are pregnant or trying to become pregnant inform our office as sedation cannot be given.
- If your general health deteriorates (e.g., cold, cough, fever) contact the dental office. If in doubt, please phone the office to report the change in your health status

***If you have any questions, please do not hesitate to ask. It is important that you understand the circumstances surrounding this treatment.***