

PRE-OPERATIVE INSTRUCTIONS FOR IV SEDATION

Eating: *For Morning Appointments:* Do not eat breakfast. You can drink water at any time. Don't drink any coffee.

For Afternoon Appointments: Eat a light breakfast, but do not eat lunch. You can drink water at any time. Don't drink any coffee.

Alcoholic Beverages. Do not drink any alcoholic beverages 24 hours prior to your appointment. Alcohol is a drug, and it can interfere with the drugs used for sedation.

Medications: Medications that you normally take should be continued unless otherwise told by this office. **PLEASE BRING A COMPLETE LIST OF ALL PRESCRIPTION MEDICATIONS AND SUPPLEMENTS THAT YOU TAKE.**

Clothing: An old short sleeved shirt or blouse must be worn. Warm sweat pants, no jeans and thick socks. No dresses or skirts please. Flat shoes are mandatory. Please remove any jewelry or watches. Ladies, we need you to remove fingernail polish off of one finger on your **left hand**. We need to place a monitor onto this finger.

Requirements of your ride: You will need a ride home. Your ride can drop you off at the office. Please have them leave a phone number where we can reach them. We will call them about 15 minutes before we finish. It is imperative that they arrive within 15 minutes of our office contacting them.

When you get home: You need to have an adult stay with you for at least 3 hours after the appointment. It takes at least this amount of time for the drugs to clear from your body.

Take the following medications as indicated:

- Penicillin 500 mg: Take **2** tablets **1** hour prior to your appointment.

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- Vitamin C 500mg tablets: **2** tablets, **3** times per day. **Start 2 days prior to the surgery.**
(Sold over the counter. Any form of Vitamin C is OK.)w

- Aleve: Take **2** tablets, **2** times per day. Start one day prior to appointment. Also take 2 tablets the morning of the appointment. (Sold over the counter. Get at any drug store)

- Diazepam 10mg: Take **1** tablet **1 1/2** hours before your scheduled appointment.

- Triazolam 0.25mg: Take **1** tablet at bedtime the night before the appointment.

If you have any questions regarding these instructions, please notify us immediately at (805) 485-2777.