

# WELLS FAMILY DENTISTRY

## Before your sleep appointment...

- Please wear a short sleeve shirt and some comfortable clothing. Please do not bring a cell phone or pager.
- Please do not wear contact lenses.
- You may bring some of your favorite CD's to listen to.
- To relieve possible discomfort, please take two Advil gel-caps and two Tylenol every four hours starting the day before your appointment through the day after your appointment..
- You must take your medication on an empty stomach, so nothing to eat after 10:00 p.m. the night before for morning appointments. Do not eat lunch for afternoon sedations. You may have water. Please take your medication one-hour prior to your appointment, or at \_\_\_\_\_.
- Please make sure that we are able to get a hold of your ride. If you are finished early, you will want to go home and rest.
- no nail polish
- if you wear acrylic fingernails, have at least one removed prior to your appointment (the pulseox gives inaccurate readings w/ acrylics on)

## AFTER SEDATION INSTRUCTIONS

1. Patient should not drive for 12 hours after sedation.
2. Do not operate any hazardous devices for 12 hours.
3. A responsible person should be with the patient until they have fully recovered from the effects of the sedation.
4. It is typical not to remember things about your visit.
5. Patient should not go up and down stairs unattended. Let the patient stay on the ground floor until fully recovered.
6. Please do not drink any alcoholic beverages for 12 hours after taking this medication.
7. Patient needs to drink plenty of fluids as soon as possible.
8. Patient may sleep for a long time or they may be alert when they leave. Attend to both alert and sleepy patients in the same manner, don't trust them alone!
9. Always hold patient's arm when walking.
10. Call us if you have any questions or difficulties. If you feel that your symptoms warrant a physician and you are unable to reach us, go to an emergency room immediately