



RYAN M. JOUETT, D.D.S.

PRE/POST-OPERATIVE INSTRUCTIONS FOR MINIMAL SEDATION

Pre-Operative

- 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, a responsible adult **must** escort the patient home, and a responsible adult should remain with the patient until fully awake.
- A parent or legal guardian **must** accompany minors (persons under the age of 18 years of age).
- Unless specifically directed otherwise, patients **must** adhere to the following instructions:
 - **No solid food for 6 hours before the start of the procedure**
 - No opaque liquids for 6 hours before the start of the procedure (coffee with cream, milk, orange juice, grapefruit juice, etc.)
 - Clear liquids allowed until 2 hours before the start of the procedure (black coffee, water, apple or cranberry juice)
 - No food or drink the last 2 hours before the start of the procedure
 - Take all medicines as normally scheduled unless specifically directed otherwise by your Physician or Dentist (if in the last 2 hours, use a tiny sip of water as necessary)
 - Make every effort to minimize smoking for 12 hours before the start of the procedure
 - Patient must have no change of pregnancy
 - At least one fingernail needs to be available (without polish or artificial nail) the day of the procedure
 - Shoes should have low or flat heels.
 - Remove all jewelry/piercings for appointment
- For sedation, patients should wear clothing that is not restricting to the neck or arms. Patients should wear loose-fitting tops on which the sleeves can be rolled to the shoulder. An old tee shirt is ideal.

Post-Operative

- Take all regular or prescribed medications as outlined by Physician or Dentist.
- Following the sedation, patients should refrain from driving an automobile, operating machinery, drinking alcohol or engaging in any activity that requires alertness until at least the next day or until the patient is fully recovered from the effects of the sedation drugs. This time frame may vary from patient to patient. The dentist will discuss the use of narcotic containing pain medications in the immediate postoperative period.

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

For any concerns or problems following sedation, please contact Doctor Jouett who can be reached at the telephone number: 979-846-1121