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Excel Dental & Implant Center Excel Orthodontics

Sedation Pre-Operation Instructions

While many people tend to focus on the surgical recovery process, the fact of the matter is that pre-operative instructions are just as important for ensuring that patients heal properly. Patients will reduce the duration and severity of side effects, and also prevent complications from occurring as they recover by following pre-operative instructions.

- ❖ Smokers – Nicotine levels in your blood will affect your sedation experience
 - Less than ½ pack a day? – Refrain from smoking for 12 hours
 - ½ - full pack a day? – Refrain from smoking for 8 hours
 - 1-1 ½ pack a day? – Refrain from smoking for 4 hours
 - More than 1 ½ packs per day? – Smoke right before coming to the office
- ❖ No Alcohol or Narcotic Drugs – We cannot safely sedate you if you have consumed alcohol, or narcotics of any type (including Vicodin/Hydrocodone) or any street or recreational drugs
- ❖ Do not drink grapefruit juice or eat grapefruit product 7 days before your appointment
- ❖ Do not consume any caffeine or caffeine products for at least 12 hours (coffee, iced tea, Mountain Dew, Pepsi, etc.) prior to your appointment. Consuming caffeine will limit your level of sedation.
- ❖ Do not consume any food or water (Except water with meds) for at least 6 hours prior to your appointment
- ❖ Do not consume any sedatives for at least 24 hours before/after night time (Other than antibiotics prescribed by your dentist)
- ❖ If you need to take regularly prescribed medication, you may use a very small amount of water to help you swallow your pill
- ❖ Do not take any stimulants for 12 hours before/after sedation
- ❖ Do not have sedation done if you think there is any chance of you being pregnant
- ❖ Please inform us if you are sensitive to Benzodiazepines, Hydroxyzine, Zaleplon
- ❖ You must have a responsible person to bring you to and from the appointment
- ❖ Please wear loose clothing and avoid wearing contact lenses to the appointment

Please contact our office for further questions. We value your comfort and health!