



SILICON VALLEY
SMILE SOLUTIONS
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Sedation Appointment Checklist

Many of these instructions are included in your medication instruction letter, but they bear repeating. Stick this handy checklist on your fridge!

- 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 arrival
- No Alcohol or Narcotic drugs** – we cannot safely sedate you if you have consumed alcohol, narcotics of any type (including Vicodin/Hydrocodone) or any street or recreational drugs
- No Caffeine for 12 hours** (coffee, iced tea, Mountain Dew, Pepsi, etc.) consuming caffeine will limit your level of sedation
- Nothing to eat or drink after midnight**
- The evening before your appointment take:** _____
- The morning of your appointment:**
 - Take the medications provided at ____AM, exactly one hour before you have been asked to arrive at our office
- Leave all valuables, purse, wallet and watches at home or with your companion**
- No contact lenses**
- Wear light-weight comfortable clothing, preferably with short sleeves**
- Wear comfortable shoes and socks or bedroom slippers**

It is absolutely essential that you have your escort drive you to your appointment. We will not be able to proceed with your appointment if you drive yourself, and this will result in a forfeiting of your paid fees.

Your companion will need instructions, so please ask your companion to speak with the dental team before dropping you off.