

Pre-Sedation Instructions

- DO **NOT** have anything to eat for **8 hours** prior to your sedation appointment
- Only clear liquids (e.g. Water, Clear Juice, black coffee or tea- NO Milk) are allowed **2 hours** before your appointment
- You **MUST** arrange for a responsible adult to take you home and stay with you until you are fully alert. You will not be treated if you have not made this arrangement
- Take your usual medication with a sip of water
- Wear short sleeves or loose fitting clothing that will allow sleeves to be rolled up to gain access easily to the IV site
- Do **NOT** wear any nail polish or face make-up

Post-Sedation Instructions

- Do **NOT** operate machinery, drive or make important decisions for 24 hours following your sedation appointment
- Refrain from drinking alcohol for 24 hours following sedation
- Following surgery you should have cold liquids. Protein shakes and Ensure are good choices
- Plan to rest at home the remainder of the day and the following day after your surgical appointment
- Avoid strenuous activity and physical training for 7 days
- Plan to have ice packs ready to apply following surgery