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**Instructions for patients who will be receiving orally administered conscious sedation.**

**PLEASE ALLOW ORAL SEDATION TABLETS TO DISSOLVE UNDER YOUR TONGUE**

For your comfort, your surgery will be performed utilizing a combination of local anesthetics and orally administered conscious sedation. For your safety, it is necessary that you follow the instructions below.

1. Take your usual prescribed medications as well as those that have been prescribed for you in preparation for your surgery. *Please inform your periodontist if you are taking any aspirin or aspirin-containing medications prior to your surgery date.*
2. Advise us of any medications you are taking, even over-the-counter drugs. Please do not take medicines without the doctor's knowledge and approval.
3. For morning surgical appointments: please do not have any food (water/juice OK) after midnight the night before.  
For afternoon surgical appointments: please do not have any food (water/juice OK) after breakfast.
4. Do not drink any alcoholic beverages the day of your appointment. The evening before, do not have more than 1 or 2 glasses of beer or wine, or more than 1 highball or cocktail.
5. Please arrive promptly for your appointment. Late arrival may necessitate rescheduling of your surgery.  
Allow  
for the usual heavy traffic in planning your departure from home or work so that you can arrive on time. If you are early, the staff will welcome the opportunity to help you relax before your surgery.
6. You must be accompanied by an adult who will drive you to and pick you up from our office. This person will be present to go over post-operative instructions. Be sure to arrange for responsible supervision for the remainder of the day. We are sorry, but we cannot allow you to take a public conveyance or drive yourself home.
7. If any disturbances or problems should develop after you leave our office, you should call our office (or emergency number if after normal working hours) immediately. Parents or guardians of young patients should observe the child continuously upon returning home and call us immediately if disturbances or problems should develop.
8. Full mental alertness will not return for several hours after your sedation. Therefore, for the remainder of the day you should limit activity requiring full concentration power. You will not be able to safely or prudently:  
(a) drive an automobile or operate machinery, (b) undertake business or financial matters or (c) drink alcoholic beverages the day of your sedation. Remaining sedentary as well as the use of a small ice pack on your face can significantly enhance your comfort. Heavy physical activity shortly after your surgery can cause complications and pain.

If you have any questions after reading these guidelines, please do not hesitate to call us for clarification.