

### Patient Responsibilities Before and After Sleep Sedation

- No sedatives 24 hours before or after the scheduled appointment. This includes any alcohol.
- No stimulants for 12 hours before and after. This includes caffeine and nicotine.
- You must have a responsible person escort you to and from the appointment, and wait until care is given.
- You must have a responsible person stay with you until fully recovered from sedation. This is typically 24 hours.
- No driving or operating hazardous equipment for a minimum of 24 hours.
- No food or water for 8 hours prior to the appointment. You may have up to 3oz of water to take your premedication 1 hour prior to the appointment.
- No stairs or work until fully recovered from sedation.
- No contact lenses.
- Wear a short sleeve shirt.
- No fingernail polish
- Restrain from wearing heavy cologne/perfume
- Take all your regular medications unless specified otherwise.
- Instructions specific to patient: \_\_\_\_\_
  - ◆ **It is important that your ride knows that they must check in with the receptionist before we can take you in for treatment. They must also return at the instructed pick up time. Additional sedation charges of \$150 per 15min will incur for patients not picked up on time.**