



### **Pre/Post Operative Instructions for Conscious Sedation**

- A responsible adult, over 18 years of age **must** accompany the patient to the clinic and remain in the office or nearby vicinity throughout the entire procedure. Following the sedation, this responsible adult **must** escort the patient home, and a responsible adult should remain with the patient until fully awake.
- Ride shares (uber, lyft, etc) or a cab are not acceptable means of transportation
- A parent or legal guardian **must** accompany minors (persons under the age of 18 years of age)
- Unless specifically directed otherwise, the prescription will come in 2-3 pills. The patient will take one pill the evening before their appointment, one pill one hour prior to appointment and should bring the third pill to the appointment. The prescription will be called in to the pharmacy of your choice the day before your scheduled appointment for treatment.
- Unless specifically directed otherwise, patients **must** adhere to the following diet restrictions:
  - No solid food for 6 hours before the start of the procedure
  - No opaque liquids for 6 hours before the start of the procedure (coffee, milk, orange juice, etc.)
  - Clear liquids allowed until 2 hours before the start of the procedure (water, apple, or cranberry juice)
  - No food or drink the last 2 hours before the start of the procedure
  - Take all medications as normally scheduled unless specifically directed by the dentist (if in the last 2 hours, use a tiny sip of water as necessary)
  - For diabetic patients, please consult with the doctor to see if any alteration to your medication schedule is necessary
- Patients should wear loose fitting tops on which the sleeves can be rolled to the shoulder in order to place the blood pressure cuff.
- Patients should also wear flat soled shoes
- Following the sedation, patients should refrain from driving an automobile, drinking alcohol or engaging in any activity that requires alertness for the next 24 hours.
- Following the sedation, patients should exercise care in walking as you may be lightheaded from the sedation medication.
- On the way home from the dentist, your seat in the car should be in a reclined position. When at home, lie down with your head slightly elevated. Someone should stay with you for the next several hours because of possible disorientation and possible injury from falling.
- Patients should not drive or drink alcohol on the day of the sedation procedure.

### **FAILURE TO FOLLOW ANY OF THESE INSTRUCTIONS MAY RESULT IN CANCELLATION OF THE SEDATION APPOINTMENT**

For any concerns or problems following sedation, please contact the office at 512.330.9016.  
After hours Dr. Shell can be reached at 512.791.5874 or  
Dr. Tran at 512.799.4179.