

INSTRUCTIONS FOR PATIENTS PRIOR TO SEDATION

These instructions must be strictly adhered to before any oral conscious sedation. Neglecting any of the following may necessitate Dr. Lester to cancel the start of treatment.

Eating and Drinking: Do not eat solid foods for 6 hours before your scheduled appointment. Clear liquids (water, non-pulpy fruit juices, black coffee, and soda) may be taken up to 3 hours prior to your appointment.

Medication: Medications normally taken should be taken unless otherwise agreed upon by this office, and may be taken only with a sip of water.

Change in Health: A change in your health, especially of a cold or fever, is very important. For your safety you may be reappointed on another day. If possible, inform the office any change in health prior to your appointment.

Consent: Read the consent for anesthesia and bring it with you signed and witnessed the day of the appointment. All consent forms must be signed before taking any premedication.

Arriving: If you have been given premedication a responsible adult must drive you to the office. Arrive early. **YOU ARE NOT PERMITTED TO DRIVE ONCE THE MEDICATION HAS BEEN TAKEN.**

Getting Home: The patient must be accompanied by a responsible adult or arrangements must be made to contact a responsible person at the time of discharge. Do not plan to drive a vehicle or operate potentially dangerous equipment for 24 hours after your treatment. Do not take a taxi or a bus.

INSTRUCTIONS FOR PATIENTS FOLLOWING SEDATION

After returning home, the patient should rest for the first day and be carefully watched.

Pain: Depending upon the procedure performed, you may experience some pain or discomfort. Take your prescribed medication as directed to minimize or eliminate this problem.

Drinking: The first drink should be plain water. Sweet drinks can be taken next (fruit juice or Gatorade). Food may be taken when desired. Follow Dr. Lester's instructions as to an appropriate diet following surgery. No alcoholic beverage for 24 hours.

Finally, vomiting can be a normal experience for some patients. If this persists for more than 8 hours, call Dr. Lester. If you have any other matters of concern call Dr. Lester at (903) 927-4535.