

## **Instructions for IV sedation appointments**

Dear patient please follow these instructions to help make your sedation appointment more comfortable.

- NO food or water (except water with meds) for six hours prior to appointment
- NO sedatives for 24 hours before/after (other than night time anxiolytic prescribed by treating dentist)
- NO stimulants for 12 hours before/after
- NO chance of pregnancy
- NO sensitivities to Benzodiazepines, Hydroxyzine, Zaleplon
- Must have a responsible to bring and take them home
- NO contact lenses

### **After your Appointment**

- NO driving for 24 hours
- NO operating hazardous devices
- NO heavy lifting
- No stairs
- NO important decisions