



Teri B. Gaddy, DDS

## INSTRUCTIONS FOR PATIENTS PRIOR TO SEDATION

### Eating and Drinking

It is extremely important that patients have an empty stomach prior to anesthesia. For this reason, adults and teenagers are not to have anything to eat or drink for six (6) hours before their scheduled appointment. If you have a morning appointment, don't eat or drink anything after midnight.

### Change in Health

A change in health, especially the development of a cold or fever, is extremely important. Please notify Dr. Gaddy if there is any change in your health status.

### Medications

Prescription medications should be taken as scheduled with a sip of water unless otherwise noted by the Doctor. Please inform Dr. Gaddy of all the medications you are currently taking and have taken within the last two weeks.

### Clothing

On the day of surgery, it is suggested that you wear loose fitting clothing and comfortable shoes. Please remove nail polish. Contact lenses must be removed prior to sedation. Leave all valuables at home.

### Designated Driver

A responsible adult must accompany any patient to the office and remain there during the procedure. Do not take a taxi or bus. Arrange to have a responsible adult spend at least (4) hours with you at home after you sedation.

## POST SEDATION INSTRUCTIONS FOR PATIENTS

### Pain or Fever

Drugs such as Tylenol, Advil, or Motrin are usually effective for mild pain and fever that may follow your surgery and anesthesia. If you have concerns, call Dr. Gaddy.

### Nausea and Vomiting

Although nausea and vomiting do sometimes occur after sedation, it is usually limited to 1 or 2 episodes. If this condition persists, you may need a prescription medication. Please don't hesitate to call the Dr. Gaddy if you think you need medication for this condition.

### Diet

Limit oral intake for the first 1-2 hours to clear liquids (water, sprite, apple juice, Gatorade). If you tolerate clear liquids, you may resume your regular diet when you are able, unless otherwise directed by Dr. Gaddy.

### Activity

Do not drive or engage in moderate to high physical activity for at least 12 hours and preferable 24 hours following your procedure. Do not operate any hazardous machinery or equipment for 24 hours following your anesthetic.