

SEDATION APPOINTMENT CHECKLIST



Many of these instructions are included in your medication instructions letter, but they bear repeating. Stick this handy checklist on your fridge!

Smoker?

Refrain from smoking based on your usage. See below:



Smoker's nicotine levels in your blood will affect your sedation experience.

LESS THAN 1/2 PACK A DAY?	1/2 - FULL PACK A DAY?	1 1/2 PACKS A DAY?	MORE THAN 1 1/2 PACKS A DAY?
Refrain from smoking for 12 hours	Refrain from smoking for 8 hours	Refrain from smoking for 4 hours	Smoke right before coming to the office

NO ALCOHOL OR NARCOTIC DRUGS:

We cannot safely sedate if you if you have consumed alcohol, narcotics of any type

Including Vicodin / Hydrocodone or any street or recreational drugs

NO CAFFEINE FOR 24 HOURS

No coffee, iced tea, Mountain Dew, Pepsi, or other caffeinate beverages

Consuming caffeine will limit your level of sedation

NO EATING OR DRINK AFTER MIDNIGHT

THE MORNING OF YOUR APPOINTMENT:

MEDICATIONS

Take the medication (s) provided 30 minutes before you have been asked to arrive at the office

CLOTHING & SHOES

Wear comfortable light weight clothing, short sleeves preferred. Comfortable shoes and socks or bedroom slippers.

NO VALUABLES

Leave all valuables, purse, wallet and watches at home or with your companion

NO NAIL POLISH OR ACRYLIC NAILS

NO CONTACT LENSES

NO CELL PHONES

Please leave at home or with your driver/escort. Cell phones are not allowed in the room.

DRIVER/ESCORT INFORMATION



It is absolutely essential that you have your escort drive you to your appointment. We will not be able to proceed with your appointment if you drive yourself, or arrive and expect to be picked up by a taxi.

Your companion will need instructions. So please have him/her speak with the dental team before dropping you off.



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Your Smile.
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4332 Cleveland Massillon Rd. | Norton, OH 44203
330.825.4446 PH | 330.825.4447 FAX
RaymondDentalGroup.com