

Conscious Sedation Patient Instructions

In order to obtain the optimum result and provide the best sedation effect, please familiarize yourself and your driver with a few preliminary details:

Before the Procedure

- Do not drink alcohol or caffienated beverages for 24 hours prior to your appointment.
- Do not eat or drink anything 12 hours prior to your appointment.
- Regular medications should be taken as advised by Dr. Hebert.
- Your comfort is important. Please wear loose fitting clothing.
- Please write your payment check in advance in the amount of _____ unless you plan to use a credit card.
- Take the attached pre-appointment pill(s) one hour prior to your appointment.
- Have your driver (absolutely no driving yourself) bring you to our office at your scheduled appointment time.
- We ask that your driver wait a few minutes so that we may give him/her your prescriptions (if needed) to fill while your treatment is being completed.

Attach Pre-Appointment Pill Here

We have allowed extra time prior to beginning treatment to evaluate and adjust, if needed, your sedation level. You may not feel the effects of the medication immediately, so it is crucial that we allow ample time for you to reach your most relaxed state.

Your appointment time has been reserved on: _____ at _____

After the Procedure

- To avoid drug interactions, do not take any narcotics (pain pills), barbiturates, antidepressants or muscle relaxers for 24 hours.
- Do not drive for 18 hours after sedation.
- Do not operate any hazardous device for 18 hours after sedation.
- You should not be left unattended until you have fully recovered from the effects of sedation even if you are sleeping or appear to be alert.
- Do not use stairs until have fully recovered from the effects of sedation.
- Walk with an escort.
- Drink plenty of fluids as soon as possible. Juice or other natural sugars are best.
- Eat when you are ready. Soft foods, such as eggs, yogurt, or soup.