

# **Dr. Gerard Charanduk**

## **Before and After Instructions for Your Dental Sedation Visit**

### **Before your appointment:**

1. No food or water (except with meds) for eight hours prior to appointment
2. No sedatives for 24 hours before/after (other than night time medication prescribed by the dentist)
3. You must be driven to the office by a responsible companion
4. No smoking or drinking alcohol for 8 hours prior to the dental appointment
5. Sedative medications must be taken according to Dentists' instructions
6. No stimulants for 12 hours before/after
7. No chance of pregnancy
8. No sensitivities to Benzodiazepines, Hydroxyzine, Zaleplon
9. No contact lenses.
10. No grapefruit or grapefruit juice for 24 hours prior
11. Please for ease of placing Blood Pressure Cup wear short sleeve top!

### **After your appointment:**

1. Take all regular or prescribed medications as outlined by Physician or Dentist
2. No alcohol for 12 hours post-surgery
3. No driving for 24 hours post-surgery
4. No operating hazardous devices
5. You must have a responsible companion drive you home and observe recovery
6. No stairs
7. No important decisions
8. No heavy lifting