

Dentistry for Health and Wellness

F. John Sayyah, M.D., D.D.S., P.L.L.C

16701 NE 80th Street, Suite 200 Redmond, WA 98052

INSTRUCTIONS BEFORE ORAL CONSCIOUS SEDATION

Our goal in providing you with oral conscious sedation is to complete your dental treatment while providing you with a relaxed, comfortable, and safe experience. In order to provide you with the best sedation experience possible, below are a list of important instructions regarding your oral conscious sedation appointment.

YOUR COMFORT

In order for you to have the most relaxed and comfortable sedation experience, it is recommended that you wear comfortable, light-weight clothing, preferably with short sleeves, and comfortable shoes. If you wear contact lenses, please refrain from wearing them on the day of your sedation appointment. Please leave your purse or wallet, your watch, and any other valuables at home or with your escort.

DIET

To ensure proper absorption of the oral sedative medications, you should have nothing to eat or drink for twelve hours prior to your sedation appointment. It is also important that you do not drink any alcohol or caffeinated beverages twenty four hours prior to your sedation appointment. You should not consume any *grapefruits or grapefruit products* for at least one week prior to your sedation appointment, as the chemicals in the grapefruit will affect the oral sedative medications. If you are a diabetic you will be instructed on a proper diet.

SMOKING AND NARCOTIC DRUG USE

If you are a smoker, nicotine levels in your blood will affect your sedation experience. Therefore, it is recommended that if you smoke less than a half of a pack of cigarettes per day, refrain from smoking for twelve hours prior to your sedation appointment. If you smoke a half to one pack of cigarettes per day, refrain from smoking for eight hours prior to your sedation appointment.

If you smoke one to one and a half of a pack of cigarettes per day, refrain from smoking for four hours prior to your sedation appointment.

If you smoke more than one and a half of a pack of cigarettes per day, smoke right before coming to the office. If you currently take any type of narcotic drugs or recreational drugs, you cannot safely be sedated.

PATIENT ESCORT INSTRUCTIONS

It is essential that you have an escort drive you to and from your appointment. If not, we will not be able to proceed with your sedation appointment. It is also important that we provide your escort with instructions, so please make sure that your escort speaks with a member of our dental team prior to your appointment. Should your escort wish to remain at the office during your sedation appointment, a very comfortable lounge is available for their use.

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MEDICATION INSTRUCTIONS

You may take your regular medications unless specified by Dr. Sayyah that includes any medication for treatment of high blood pressure or diabetes.

Optional: To help boost your system and aid in producing an excellent healing experience, it is recommended that you take 1000 mg of Vitamin C three times per day and take 50 mg Enzyme CoQ10 twice per day one week before your sedation appointment and continue this regimen for two weeks after the sedation appointment. Below are your instructions regarding the oral sedative medications.

SEDATION MEDICATION INSTRUCTIONS

The night before your appointment take:

Valium

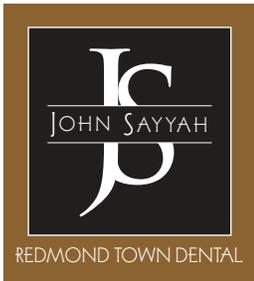
5mg 10mg

The morning of your appointment take:

Triazolam	Hydroxyzine	Lorazepam	Phenergan
.125mg .25mg	25mg 50mg 100mg	1mg 2mg	25 mg 50 mg

ADDITIONAL INSTRUCTIONS

Patient's Initials



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INSTRUCTIONS FOLLOWING ORAL CONSCIOUS SEDATION

Following the oral conscious sedation experience, please make sure that the patient gets adequate rest for the twenty four hours following the procedure. It is also very important for someone to stay with the patient until the patient has recovered from the effects of the oral sedative medications. To ensure the patient's safety as the patient recovers from the effects of oral sedative medications, the following instructions have been provided, so please read them carefully.

GENERAL INSTRUCTIONS

After the oral conscious sedation appointment, a responsible person should be with the patient until the patient has fully recovered from the effects of the sedation. Although the patient may seem alert when they leave the dental office, this may be very misleading, and under no circumstances should the patient be left alone. Always hold the patient's arm when walking and the patient should not go up and down stairs. The patient cannot drive or operate any hazardous devices for 24 hours following the oral conscious sedation appointment. The patient should not be left alone with young children for any period of time for 24 hours following the oral conscious sedation appointment.

DIET

Following the oral conscious sedation appointment, it is important for the patient to drink plenty of clear fluids and to begin a diet high in vitamins and protein as soon as possible. Also start with a soft, bland diet avoiding sticky and crunchy foods e.g. chips and nuts. Also stay away from excessive hot or cold foods or liquids.

POST-OPERATIVE MEDICATIONS

After the oral conscious sedation appointment, to help boost the patient's system and aid in post-operative healing, it is recommended that the patient continue taking 1000 mg of Vitamin C three times per day and take 50 mg of Enzyme CoQ10 twice per day for two weeks following the sedation appointment. It is also recommended that the patient begin a non-narcotic pain regimen consisting of a combination of acetaminophen and ibuprofen to help manage any post-operative discomfort.

A combination of acetaminophen and ibuprofen is a very effective combination to help the patient obtain pain relief with minimal side effects. If narcotic pain medications are prescribed they should be delayed for at least 8 hours after the appointment.

ADDITIONAL INSTRUCTIONS

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ACKNOWLEDGEMENT

I, _____, the patient escort for _____, have received the above listed instructions in caring for the patient following their oral conscious sedation appointment. I have had the opportunity to discuss these instructions with Dr. Sayyah and have been given an opportunity to ask questions and have them fully answered.

I understand that I am to take the patient directly home and that I am to call the office at (425) 556-9795 when the patient returns home.

Patient Signature

Date

Patient's Escort Signature

Date

Treating Dentist Signature

Date

Witness Signature

Date