



A. Fatemi, DDS, FICOI, FAGD

*American Dental Association • Academy of General Dentistry
International Congress or Oral Implantologist • Fellow of International Congress of Oral Implantologist
Southern Maryland Dental Society • Fellow of Academy of General Dentistry*

Conscious Sedation Instructions

You have been scheduled for sedation. Please follow these instructions prior to your visit:

- a. Do not stop your current medication even if it is Aspirin or Coumadin, unless instructed by the doctor. If you are not sure, ask.
- b. Please do not eat anything at least 6 hours prior to your visit. You are allowed to drink water, coffee, or anything that is liquid. We do not want you to be dehydrated.
- c. **Please do not bring valuables with you, such as jewelry, wallet, etc.**
- d. Have a ride, you may *not* drive yourself. Your ride has to stay with you in the office for the *entire visit*.
- e. We require you to have a friend or family member present in the office during our visit. (Someone who can make decisions on your behalf)
- f. If you are wearing contact lenses please remove them prior to your appointment.
- g. Please remove any dark colored nail polish (nail polish, especially red, will interfere with our monitoring equipment.) Please wear loose fitting clothing. Also please wear either sandals or flip flops.

Please inform us of the following conditions:

- a. If you have Glaucoma
- b. If you have an ear infection or any ear problem
- c. If you are suffering from a cold or congestion

Your sedation, whether through pill or IV, is very safe. We will monitor your vital signs throughout the entire procedure. Please ask the doctor if you have any questions or concerns.

Please be on time and make sure that you complete all your financial arrangements prior to your sedation. You will not remember your treatment after sedation. Do not plan on making any important decisions for the first 24 hours after your sedation.

Patient Signature: _____



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Post Sedation Instructions

- A. Go home and rest for the remainder of the day. You should remain in the company of a responsible adult until you are fully alert.
- B. Do not perform any strenuous activity. You should remain in the company of a responsible adult until you are fully alert.
- C. Do **NOT** attempt to eat a heavy meal immediately. If you are hungry, a light diet **cold, soft foods** will be adequate.
- D. A feeling of nausea may occasionally develop after sedation. The following may help you feel better: lying down for a while and a glass of water or juice.
- E. Do not **drive a motor vehicle or perform any hazardous** tasks for the remainder of the day.
- F. Do **not drink alcoholic beverages, smoke or have any carbonated beverages** until your follow up appointment or for a minimum of 72 hours.
- G. Take all medications that have been prescribed by Dr. Fatemi. If you have any concerns or questions contact the office immediately
- H. If you have any unusual problems or concerns you may call the office. If it is after business hours you may contact Dr. Fatemi at (410) 474.0868.
- I. If you like, you can use our recovery room after your sedation visit.