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### **Before Your Sedation Appointment**

- Loose-fitting, comfortable clothes, preferably a short-sleeved shirt, should be worn to the appointment.
- Dentures, make-up and earrings are not to be worn during the visit.
- **Do not drink any alcohol or caffeinated beverages 24 hours prior to the appointment.**
- Do not wear make-up, nail polish or any other cosmetics the day of surgery. Please remove any pierced jewelry located in the nose, tongue and mouth.
- Do not wear contact lenses to your appointment
- Do not eat or drink at least 6 hours prior to the appointment
- You should not have any grapefruit products for 7 days prior to the appointment, as it can decrease the effectiveness of the medications.
- Take all medications prescribed to you by your Primary Care Physician unless instructed by Dr. Rocknak to discontinue.
- **NO DRIVING.** You must have a ride to take you home after the appointment.
- Due to limited space and special equipment in the treatment room, your companion cannot stay with you during your appointment. Have them leave their name and cell phone number with the assistant and/or the front desk so we may phone them when your treatment is completed.

### **After Your Sedation Appointment**

#### **For the Patient and Caregiver:**

- A responsible person should be with you until you have fully recovered from the effects of the sedation medication.
- Always hold the patient's arm when walking
- Patient should not go up and down stairs unattended. Let the patient stay on the first floor until recovered.
- Patient should not drive for 24 hours after sedation.
- Patient should not operate any hazardous devices for 24 hours.
- Patient can eat whenever they feel comfortable, preferably a soft diet.
- Patient needs to drink plenty of fluids as soon as possible to prevent dehydration.
- Patient may sleep for a long time or may be alert when s/he leaves the office. Attend to both alert and sleepy patients in the same manner. Don't let the patient be alone, as cognitive skills may not be sharp.



Dr. Shaun R. Rocknak, DDS  
7112 Commons Circle  
Cheyenne, WY 82009  
307-634-6020  
[www.cheyennewydentist.com](http://www.cheyennewydentist.com)

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Call us if you have any questions or difficulties. If you feel your symptoms warrant a physician and you are unable to reach us, go immediately to the nearest emergency room.

Following most surgical procedures, there may or may not be pain. This depends on your threshold or tolerance level for pain. You will be provided with medication for discomfort that is appropriate for you. In most cases, a non-narcotic pain regiment can be given consisting of Acetaminophen (Tylenol) and Ibuprofen (Advil). These two medications **taken together** are as effective as a narcotic without any of the side effects associated with narcotics. If a narcotic has been prescribed, follow the directions carefully. If you have any concerns or questions about these medications interacting with other medications you are presently taking, please call our office first, followed by your physician and/or your pharmacist. Dr. Rocknak's can be contacted for emergencies during business hours at (307) 634-6020, and after hours at (970) 685-1371.