

Toole Family Dentistry, L.L.C.

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Oral Sedation Appointment Checklist

Appointment Day/Time: _____

Please follow these instructions prior to your appointment. If choose not to follow these instructions, we will not be able to proceed with your appointment.

Smokers – Nicotine levels in your blood will affect your anxiety-free experience.

Less than 1 pack per day – refrain from smoking for 12 hours.

1 full pack per day – refrain from smoking for 8 hours.

1-1 ½ packs per day – refrain from smoking for 4 hours.

More than 1 ½ packs per day – smoke prior to the appointment.

No Alcohol or Narcotic Drugs – We cannot safely sedate you if you have consumed alcohol, narcotics of any type (including Vicodin, Lortab and Hydrocodone) any street or recreational drugs.

No Caffeine for 12 Hours – (Coffee, Iced Tea, Mountain Dew, Pepsi, etc.) Consuming caffeine will limit your level of anxiety free sedation.

Nothing to Eat or Drink for 6 Hours Prior to Your Appointment – Please keep meals light prior to the waiting period, i.e., toast and juice.

- If prescribed medication(s) for the evening before your appointment, take medication(s) as prescribed.
- Wear light-weight comfortable clothing, preferably short sleeves.
- Wear comfortable socks and shoes or bedroom slippers.
- Bring along your favorite blanket.

It is imperative that you provide someone who is of legal age and who is mentally and physically capable to escort you to and from your appointment and provide post-operative care for no less than 12 hours after your appointment has ended. We will not be able to proceed with your appointment if you drive yourself.