



DENTAL ANAESTHESIA PATIENT INSTRUCTIONS

Before your appointment:

1. **DO NOT eat** for at least **8 hours** before your appointment. **Clear fluids** (such as water, fruit juices without pulp, carbonated beverages, clear tea or black coffee but NOT alcohol) are permitted up to **2 hours** before the appointment.
2. The only exception is if you take medications regularly. Take them with a small sip of water unless otherwise told not to.
3. Arrange for an adult to drive you home (no public transit) and assist you to your door.
4. **DO NOT** wear facial makeup, nail polish, or jewelry (rings and earrings are acceptable). **DO NOT** wear contacts. **DO** wear comfortable, loose-fitting clothing (no over-alls).
5. Enjoy your dental anaesthesia appointment!

Following your appointment:

1. Plan to sleep or relax for the balance of the day and a responsible adult should stay with you.
2. **DO NOT** drive a vehicle, operate machinery, consume alcohol, or sign any important documents for at least 18 hours, longer if drowsiness or dizziness persists.
3. **Drink fluids and eat** a light, nutritious meal (breads, soups, pasta; AVOID fatty foods) as soon as possible after your appointment.

If you have any questions, call the office. After hours, you can reach Dr. Suljak by calling the office and listening for the emergency contact number on the recorded message.