



The Health Center Dental Unit
P.O. Box 320, Plainfield, VT 05667
(802)454-1047/Phone (802)322-3462/Fax

Pre-Sedation Instructions

It is very important that all instructions are followed to ensure a smooth and safe experience.

- **Do not have anything to eat or drink, for 8 hours before your surgery appointment. You may drink water (ONLY water, nothing else) up until 2 hours before your appointment. This is extremely important to ensure a safe experience.**
- Take your regular medications as directed with water (ONLY water, nothing else) at any time up until 2 hours prior to your procedure.
- If you are taking a GLP-1 medication such as Ozempic, Wegovy, or similar you must skip the dose leading up to your appointment. There must be 7 days or more between your last dose of GLP-1 and your appointment. This is very important to ensure your safety and avoid risk of aspiration.
- No smoking at least 12 hours before surgery. Ideally, cut down or stop smoking as soon as possible before the day of your surgery.
- A responsible adult (18 years or older) must accompany you to the office, remain in the office during the procedure, and drive you home or stay with you on public transport/ride share service (a bus/Uber/Lyft driver does not qualify for this, it must be someone who you have a personal relationship with who can assure you make it home safe).
- A parent or legal guardian must accompany a minor or anyone who is not their own legal guardian to provide informed consent for the procedure and sedation.
- You should not drive a vehicle, operate machinery, sign paperwork or make any major decisions for 24 hours following sedation.
- Please wear comfortable, loose-fitting clothing with short sleeves (if long sleeves make sure sleeves can be rolled up past the elbow), and low-heeled shoes.
- Contact lenses, jewelry, and dentures must be removed at the time of surgery.
- Do not wear lipstick, excessive makeup, or nail polish/artificial nails on the day of surgery.
- If you have an illness such as a cold, sore throat, or stomach upset, please notify the office.
- **Failure to confirm your appointment will result in a cancellation of your appointment**
- Please keep your schedule flexible on the day of surgery as arrival/appointment times may need to be adjusted.
- If you need to cancel and reschedule your appointment **you must give at least 48-hour notice. Short notice cancellations or no shows will result in no future appointments.**
- **Please call the office if you need to cancel your appointment, or if you have questions regarding your appointment instructions.**