

**Ramsey A. Amin D.D.S**  
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## **INSTRUCTIONS BEFORE SEDATION**

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You have been scheduled to receive dental treatment under sedation. The medications that will be administered will allow you to undergo treatment in a relaxed and comfortable state.

**The following recommendations must be followed:**

- **NO SOLID FOODS** or non-clear liquids (milk, orange juice, coffee with cream, etc.) should be consumed after midnight or 6 - 8 hours before your appointment. However, you may drink a small amount (6oz) of clear liquids (apple juice, clear broth, water, black coffee etc.) up to 3 hours prior to your appointment. **IF YOU HAVE AN APPOINTMENT AFTER 2:00PM**, please have a VERY light meal and drink plenty of water **BEFORE 7:30am**.
- **SINCE YOU MAY BE DROWSY FOLLOWING TREATMENT, A TRUSTED, RESPONSIBLE ADULT \*\*MUST\*\* ESCORT YOU HOME AS YOU CAN NOT DRIVE. A taxi cab, "Uber", bus, etc. does not qualify. This is for your safety.**
- **Take all prescription medications as normal unless we instruct you otherwise.**
- For your safety, do not drink alcohol the day before having sedation.
- Avoid a "fatty" meal as your last meal before sedation.
- Wear comfortable, loose-fitting clothing with **short sleeves and flat shoes.**
- If you are having implant surgery or a bone graft, please do not wear too much make-up. Your face may be prepared with a sterile solution. Please remove any nail polish to ensure safe monitoring of your vital signs.
- If you are having surgery, be sure to have ice packs or frozen vegetables at home to prevent swelling.
- If you are taking any **newer weight loss injections like Ozempic, Wegovy, or Mounjaro**, please inform us, as you may need to fast for 12-24 hours before your procedure, rather than the standard 6-8 hours, to ensure your stomach is empty. Typically, it's advised to skip the dose closest to your procedure date.
- **For procedures lasting 3 hours or more:** We recommend wearing an adult undergarment (such as Depends). Some patients become so relaxed under sedation that they may experience incontinence. Additionally, if you have an **overactive bladder**, wearing an adult undergarment like Depends is a good idea to ensure comfort and prevent any accidents during the procedure. We can provide an adult undergarment at the office, or you may choose to wear one before arriving.
- **Reduce or avoid marijuana/cannabis products** 5 days before surgery, as they can negatively impact the effectiveness of anesthesia and increase the risk of complications during your procedure.

Changes in your health or questions concerning these recommendations should be directed to Dr. Amin before your appointment. Your comfort, convenience and safety are our primary concerns. Please follow these instructions to help us achieve your goals.

*Please note that our office provides dentistry while you sleep for all types of procedures. Do not let fear or anxiety about dentistry prevent you from having proper treatment. Ask our office about sleep dentistry. Dr. Amin is a state examiner for the California State Board and is asked to conduct in-office certifications for other dentists who administer sedation.*