



## **PRE-SEDATION PATIENT INSTRUCTIONS**

*For the safe treatment of the patient, the following pre-sedation instructions must be followed very carefully.*

### **FOOD AND BEVERAGES**

- It is essential for your safety that the stomach be empty at the time of the sedation appointment.
- Do not eat or drink anything after midnight, the day before your sedation appointment.
- Please avoid caffeine or grapefruit juice (reacts with sedation medication).
- **EXCEPTION: ONLY** water or clear apple juice is okay to drink up to 3 hours before the sedation appointment. Absolutely nothing (not even a sip of water) within the three hours prior to your appointment.
- No gum or mints prior to treatment. Do not drink any alcohol prior to the surgery (including the night before) or for two days after surgery.

### **MEDICATIONS**

- It is essential to discuss with Dr. Seddon and/or his assistants whether or not you should take medication(s) you otherwise take on a regular basis

### **CLOTHING/CONTACT LENSES**

- Wear loose casual clothing for the appointment (eg. short sleeve tee shirt). Female patients should wear slacks and no make-up.

### **SMOKING**

- Refrain from smoking prior to treatment. If you are a smoker, do not smoke for 1 week prior and 1 week after.

### **TRANSPORTATION**

- Under no circumstances can you drive yourself home. A responsible adult (excluding a taxicab driver) must pick you up after the appointment and accompany you home.
- Public transportation is not recommended.

### **CHANGE IN HEALTH STATUS**

- If your general health deteriorates (eg. cold, cough, fever, etc.), contact us prior to the day of the appointment. If in doubt, please phone us to discuss the change in health status.
- Please telephone this office at least 48 hours in advance if you will not be able to keep your appointment.

***IT IS IMPORTANT THAT YOU UNDERSTAND THE CIRCUMSTANCES SURROUNDING THIS TREATMENT. IF YOU HAVE ANY QUESTIONS OR CONCERNS WHATSOEVER, PLEASE CALL DR. NICK SEDDON AT 604 922-0144 (office) or 778 840-0762 (cell)***