

Sedation Instructions

Before Sedation:

- You should not drink any alcohol or take any recreation drugs for 24 hours or drink caffeinated beverage for 12 hours prior to or after your appointment.
- The evening before your appointment take the prescribed medications.
- Do not eat or drink anything after midnight or take any medications not approved by Dr. Yoshikane prior to your appointment.
- Do Not drink grapefruit juice or eat any grapefruit products for 7 days before your appointment.
- Have your companion (18 years or older) bring you to our office at your scheduled appointment time. **Absolutely no driving yourself!**
- We suggest you wear comfortable clothing- e.g. lightweight jogging suite and do not wear contact lenses to your appointment.
- Leave all personal belongings at home (ex: purse, jewelry, watch, etc.) Dr. Yoshikane and/or the office team are not responsible for lost belongings.

After Surgery:

- Have your ride take you directly home to ensure you are comfortable and safe.
- For the next 24 hours after sedation: Patient cannot drive, operate any hazardous devices or do any heavy lifting.
- Patient needs to drink plenty of fluids as soon as possible and stay hydrated. Having nutrition after sedation is important. The patient should begin eating appropriate food as soon as possible. Do not delay.

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- Patient should not go up and down stairs unattended. Let the patient stay on the ground floor until fully recovered from the effects of the sedation. Patient should not carry, sleep next to or be left alone with young children for a period of no less than 24 hours after the last dosage of medication.
- Patient may seem alert when he/she leave. This may be misleading so do not leave the patient alone. Always hold patient's arm when walking.
- No sedatives or stimulants are to be taken for 24 hours after the appointment (including alcohol, caffeine or nicotine.)
- Call us if you have any questions or difficulties. If you feel that your symptoms require a physician and you are unable to reach us, go immediately to the nearest emergency room.

Also, we have found that many patients benefit from natural healing agents that can be purchased at local stores.

Please Note: Sedation and/or surgical services cancelled or rescheduled with less than 72 business hour notice will result in a 50% charge of the scheduled services.

We feel that our patient's time is valuable. When your appointment is made, time is reserved, your records are prepared, and special instruments are readied for your visit. We value your time and honor our own policy, so please remember that your appointment is reserved exclusively for you.

If you have any questions or concerns, please feel free to call the office at (714)516-1600. If it is after hours, please call my cell at (714)271-6509.

Thank you,

Patrick T. Yoshikane D.D.S

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