

**SEDATION DENTISTRY NW**  
BRANT POWELL, DDS, PLLC  
ALLENMORE MEDICAL CENTER, SUITE B-5006  
TACOMA, WA 98405  
(253) 572-2822

**INSTRUCTIONS FOR PATIENTS PRIOR TO ORAL PRE-MEDICATION AND NITROUS  
OXIDE ANALGESIA**

1. Have a light meal several hours before the appointment. Drink liquids sparingly.
2. No stimulants or tobacco the day of the appointment; please refrain from caffeinated beverages, six hours before appt.
3. Take any medications you normally use unless advised otherwise. **DO NOT TAKE ANY SEDATIVES.**
4. Wear comfortable clothing.
5. A responsible adult must be present to drive you home. They should remain with you for at least the first six hours post-operative. Patients will not be allowed to drive a car nor use public transportation.
6. If any changes in your general health occurs prior to your scheduled appointment (such as a fever, cough, or a cold) please call our office at once.
7. You cannot operate any vehicle or machinery or participate in any strenuous activity for the rest of the day of the appointment.
8. Do not wear jewelry if possible and use minimal make-up. It may be necessary to remove fingernail polish from one or more nails for use of the monitoring device (pulse oximeter).