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## SEDATION INSTRUCTIONS

Patient Name: \_\_\_\_\_

Your Appointment is Scheduled for: \_\_\_\_\_

Below are a few important instructions and reminders:

- Do not drink any alcohol or caffeinated beverages for 24 hours prior to your appointment.
- Do not eat or drink anything for 6 hours before your appointment.
- Do not take any medication NOT approved by your Doctor prior to your appointment.
- Do not drink grapefruit juice or eat any grapefruit product for 7 days before your appointment.
- At bedtime on the night before your appointment, take your sedation pills.
- Have your companion/driver bring you to our office at \_\_\_\_\_. It is important that you are on time for your appointment.
- Absolutely NO driving yourself to/from the appointment.
- We suggest you wear comfortable clothing to your appointment.
- Do not wear a watch or any jewelry to your appointment.

We understand timing may seem complicated, but it is important.

Many patients benefit from natural healing agents which can be purchased at local drugs stores. A regimen of Vitamin C (1,000 mg taken 3 times per day) and Enzyme Co Q 10 (50 mg taken 2 times per day) started 1 week prior to your appointment and continued for at least 2 weeks after your appointment will boost your immune system and aid in producing a better healing experience.

If you have any questions or concerns, please feel free to call our office (970) 382-8111.