

Riverview Dental Designs, P.C.
J. Paul Diaz, DMD, MAGD
William M. Vandervoort, DMD
205-345-3400

Date: _____

Name: _____

Address: _____

City, State, Zip: _____

Dear: _____

Your IV sedation appointment is scheduled for: _____ at _____

Below are a few important instructions and reminders for your IV sedation appointment:

- You should not drink any alcohol or caffeinated beverages for 24 hours prior to your appointment
- **EATING: Do not eat anything for 6 hours prior to your appointment.** If you have a morning appointment, this means nothing to eat after midnight. If you have an afternoon appointment, you can have a light breakfast such as cereal, toast, and juice.
- **DRINKING: Do not drink anything for 2 hours prior to your appointment. However, please do drink clear fluids up to 2 hours before your appointment (i.e. Sprite or water). It is helpful for you to drink 8oz of clear fluids 2 hours before your appointment, then nothing after that. Being well hydrated will help in obtaining IV access.**
- **MEDICATIONS: Take your usual medications at the regularly scheduled time(s).** If your medication regimen falls within 2 hours of your scheduled appointment, use only a small sip of water to take medication(s).
- **CLOTHING, PERSONAL ITEMS, AND CONTACT LENSES:** Please wear loose fitting, comfortable clothing (i.e. a lightweight jogging suit) to allow monitoring devices, such as blood pressure cuff, to be used during the procedure. It is best to leave items such as your phone and purse/wallet with your driver. Do not wear contact lenses or jewelry.
- **You MUST bring a driver who is an adult (over age 19) and has a vested interest in your health and safety to accompany you. This person should remain in the immediate area of the clinic and must be available by phone at all times, or remain in the clinic waiting area.**
- **Absolutely NO driving yourself.**
- Have your driver bring you to our office at _____ sharp.

Also, we have found that many patients benefit from natural healing agents that can be purchased at local drug stores. VitaminC (1000mg taken 3x/day) and Enzyme CoQ 10 (50mg taken 2x/day) will boost your immune system and aid in producing an excellent healing experience. We recommend beginning this vitamin regimen as early as 1 week before the appointment and to continue for at least 2 weeks after the appointment.

If you have any questions or concerns, please feel free to call me at (205)-345-3400.

Sincerely,

Dr. Paul Diaz or Dr. William Vandervoort