

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 appointment is scheduled for: _____.

Below are a few important instructions and reminders:

- You should not drink any alcohol or take any recreational drugs for 24 hours nor drink caffeinated beverages for 12 hours prior to and after your appointment.
- The evening before your appointment take _____.
- You should also not eat or drink anything for 6 hours before **nor should you take any medication not approved by Doctor** prior to your appointment.
- You should not drink grapefruit juice or eat any grapefruit product for 7 days before your appointment.
- At _____ take your sedation pill.
- Have your companion bring you to our office at _____ sharp.
- Absolutely NO driving yourself! An adult (18 years or older) must escort you into the office and not leave until the patient is assisted by the doctor or office team.
- We suggest you wear comfortable clothing e.g. a lightweight jogging suit.

We know the timing may be complicated, but I assure you it is very important.

Also, we have found that many patients benefit from natural healing agents that can be purchased at local drug stores. Vitamin C (1000mg taken 3 x a day) and Enzyme Co Q 10 (50mg taken 2 x a day) will boost your system and aid in producing an excellent healing experience. We recommend beginning this vitamin regimen as soon 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