

Date

Dr. Smudde Dental
25880 Tournament Road Suite 103
Valencia, CA 91355

Re: sedation visit

Dear Patient:

Your appointment is scheduled for: _____.

Below are a few important instructions and reminders:

- You should not drink any alcohol or caffeinated beverages for 24 hours prior to your appointment.
- You should also, not eat or drink anything for 12 hours before **nor should you take any medication not approved by Dr. Smudde.**
- You should not drink grapefruit juice or 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!
- 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.

If you have any questions or concerns, please feel free to call me at 661-259-1824.
You'll see us in your dreams.

Sincerely,

Karen: Scheduling Coordinator

Dr. Allen Smudde and Dr. Kelly Smudde
25880 Tournament Road
Suite 103
Valencia, CA 91355
661-259-1824

Dear Patients:

One of the most commonly asked questions regarding "Sedation Dentistry" is it's safety and effectiveness. Below you will find some information that will help answer some of these concerns.

There is a choice of sedation medication that can be used. The choice is customized based on your individual medical history. Ninety-eight percent (98%) of our patients use Triazolam. This medication has been used for many, many years and has now found a home in dentistry. In 1996, it was prescribed over 26,000,000 times.

The historical safety alone gives us great confidence in using Triazolam. In addition, while you are sedated you are continually monitored for vital signs. Baseline readings are taken at your first visit.

The most common side effects of this sedation aid are dry mouth and hiccups. The hiccups usually last only a few moments while you are sedated and the dry mouth wears off with the medication.

Some people ask, "What if I'm too sedated?" The pharmacology and pharmokenetics used today is just fantastic. We have a reversal agent that can wake you up with no side effects.

Dr. Allen Smudde and Dr. Kelly Smudde

AFTER SEDATION INSTRUCTIONS

DRS. SMUDDE DENTAL CARE

Initial below

- _____ 1). PATIENT CANNOT DRIVE FOR 24 HOURS AFTER SEDATION
- _____ 2). DO NOT OPERATE ANY HAZARDOUS DEVICES FOR 24 HOURS.
- _____ 3). A RESPONSIBLE PERSON SHOULD BE WITH THE PATIENT UNTIL HE/SHE HAS FULLY RECOVERED FROM THE EFFECTS OF THE SEDATION.
- _____ 4). PATIENT SHOULD NOT GO UP AND DOWN STAIRS UNATTENDED. LET THE PATIENT STAY ON THE GROUND FLOOR UNTIL RECOVERED.
- _____ 5). PATIENT CAN EAT WHENEVER AND WHATEVER HE/SHE WANTS.
- _____ 6). PATIENT NEEDS TO DRINK PLENTY OF FLUIDS AS SOON AS POSSIBLE.
- _____ 7). PATIENT MAY SLEEP FOR A LONG TIME OR MAY BE ALERT WHEN HE/SHE LEAVES. ATTEND TO BOTH ALERT OR SLEEPY PATIENT IN THE SAME MANNER, DON'T TRUST HIM/HER ALONE.
- _____ 8). ALWAYS HOLD PATIENT'S ARM WHEN WALKING.
- _____ 9). CALL US IF YOU HAVE ANY QUESTIONS OR DIFFICULTIES. IF YOU FEEL THAT YOUR SYMPTOMS WARRANT A PHYSICIAN AND YOU ARE UNABLE TO REACH US, GO TO THE CLOSEST EMERGENCY ROOM IMMEDIATELY.

FOLLOWING MOST SURGICAL PROCEDURES THERE MAY OR MAY NOT BE PAIN, DEPENDING ON YOUR THRESHOLD FOR PAIN. YOU WILL BE PROVIDED WITH MEDICATION FOR DISCOMFORT THAT IS APPROPRIATE FOR YOU. IN MOST CASES, A NON-NARCOTIC PAIN REGIMEN WILL BE GIVEN CONSISTING OF *ACETAMINOPHEN*(TYLENOL) AND *IBUPROFEN*(ADVIL). THESE TWO MEDICATIONS **TAKEN TOGETHER**, WILL BE AS EFFECTIVE AS A NARCOTIC WITHOUT ANY OF THE SIDE EFFECTS ASSOCIATED WITH NARCOTICS. IF A NARCOTIC HAS BEEN PRESCRIBED, FOLLOW THE DIRECTIONS CAREFULLY. IF YOU HAVE ANY QUESTIONS ABOUT THESE MEDICATIONS INTERACTING WITH OTHER MEDICATIONS YOU ARE PRESENTLY TAKING, PLEASE CALL OUR OFFICE FIRST, YOUR PHYSICIAN AND/OR YOUR PHARMACIST.

DR. SMUDDE OFFICE 661-259-1824

MEDICATIONS: Take only when checked

- AMOXICILLIN-Fill prescription and take as directed
- CLINDAMYCIN-Fill prescription and take as directed
- TYLENOL(ACE TAMINOPHEN)-Take two every 4 hours
- ADVIL(IBUPROFEN)-Take two every 4 hours
- MOTRIN-For PAIN ONLY Take one every 8 hours
- VITAMIN C-one(1000mg) at every meal 3x a day

Dr. Smudde Dental Care