



**MID-PENINSULA  
PERIODONTICS**

A CENTER FOR  
PERIODONTAL  
SPECIALTY CARE AND  
DENTAL IMPLANTS

## **Pre-Operative Instructions For Sedation Appointments**

For any procedure requiring sedation, we request one week's notice for scheduling changes. Less than one week's notice may incur a cancellation fee.

Please do not eat or drink four hours prior to your appointment.

You must have someone bring you to and from the office. You are NOT to drive, drink alcohol, enter into any business contract, or work with machinery from the time of taking sedation (oral or intravenous), to the time of complete recovery. Please make arrangements so the above requirements can be fulfilled.

Please plan on taking it easy following treatment and avoid out-of-town travel for the first week.

No strenuous physical activity for 48 hours.

Pain relief medications one week prior to the appointment should be Tylenol products.

Please wear loose-fitting and comfortable clothing such as a short sleeved shirt/blouse or tee shirt. It is very important that we have good access to the entire length of your arm and upper chest during the procedure.

Please thoroughly clean your mouth before arriving for your appointment.

Men are asked to shave the day they arrive for treatment; this will reduce the risk of infection.

If you develop a cold, persistent cough, fever, nausea or vomiting, or have not fully recovered from a recent illness close to your appointment, please call the office right away and speak with the doctor.

You will receive medication to ensure your comfort and establish a level of conscious sedation. This causes a lack of awareness of the procedure. Local anesthetic is also administered intraorally.

A letter of informed consent will be signed and witnessed prior to the procedure. If you have any questions, please do not hesitate to ask.

Dr. J. Mark Beckstead  
777 Welch Road, Suite N • Palo Alto, CA 94304 • 650 / 321-3443