

Pre-Operative Directions for Sedation

- 1. No water or food (except water with medication) 6 hours prior to your appointment.**
- 2. No sedatives for 24 hours before/after (other than night time anxiolytic prescribed by Dr. Goldstein)
This includes ALCOHOL.**
- 3. No stimulants for 12 hours before/after your procedure. This includes Nicotine. If you are a smoker please advise us to discuss your options.**
- 4. Make sure there is NO chance of pregnancy**
- 5. Advise us if you have any sensitivities to Benzodiazapines eg. Valium, Hydroxyzine, Zalephon**
- 6. You must have a responsible person to bring and take you home.**
- 7. No contact lenses**
- 8. No nail polish on your right middle finger**

Post Operative Directions for Sedation

1. Go home and rest for the remainder of the day
2. Make sure you drink a lot of water as this will rehydrate you and help to flush the medication out of your body
3. Do not drive an automobile or operate heavy machinery for 12 hours
4. Do not make any important decisions for the next 24 hours.
5. Take all regular medications prescribed by your physician
6. Take all pain medication-if prescribed by Dr. Goldstein as directed
7. **GUARDIAN-** Please take patient home immediately-no stops
8. **GUARDIAN-** Please call the office immediately after you have arrived at home
9. **GUARDIAN-** Please stay with the patient and observe their recovery
10. If there are any problems please call Dr. Goldstein at 973-895-7995 or cell 201-618-7978

Guardian

Date

Witness

Copy to guardian-Original to chart