



## **Preoperative Instructions for Treatment with Moderate Sedation**

You must **NOT** eat any solid food or drink for **eight (8) hours** prior to your appointment.

Please check in 15 minutes early. Your **responsible adult driver must stay** at the clinic during your appointment.

You must not be left alone for the first six hours after the sedation appointment. Your ride will verify with their signature, responsibility for staying with you. Please inform them.

Daily medication should be discussed with Dr. Zaki prior to procedure.

Wear comfortable clothes including a short-sleeved shirt that does not tuck in. We must be able to access your arms and waistline for blood pressure and EKG monitoring. Bring a sweater, jacket or a small blanket and thick socks.

Remove contact lenses prior to sedation. Remove all colored nail polish.

Do not wear jewelry, rings or watches and leave all your valuables (wallet, purse, etc.) at home or with your driver.

If you have any questions regarding these instructions, please call (856)222.1100

Pleasant Valley Family Dentistry  
301 Fellowship Road  
Mount Laurel, NJ 08054

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

Pharmacy Information:  
  
\_\_\_\_\_

**ALL FOODS SHOULD BE ROOM TEMPERATURE TO COOL (NEXT 4-6 DAYS)*****Fruits/Vegetables:***

- Apple Sauce
- Cooked fruits or ripe fruits
- Canned fruits without skin or seeds
- Well-cooked soft veggies

***Meats And Other Protein Sources:***

- Broiled Fish
- Roasted/Stewed Chicken
- Soups with small soft pieces of vegetable and meat
- Tofu

***Breads/Pasta/Rice:***

- Soft Loaf Bread
- Pancakes
- Muffins
- Waffles
- Macaroni/Pasta/Rice Pasta
- Oatmeal/Cereal/Cream of Wheat
- Mashed Potatoes

***Other:***

- Pudding/Jell-O/Yogurt
- Ice cream
- Protein Shakes
- Scrambled eggs

**How Do I Maintain Personal Hygiene?**

An All-On-4® prosthesis sits firmly on your gums. Therefore, you need to maintain a strong hygiene routine such as brushing, flossing and rinsing in order to help clean under your prosthesis. During the first week, use the provided monoject syringe to gently clean underneath your prosthesis. After two weeks you may begin to use a waterpik and floss.

**Which Medication should I take after the procedure?**

- Tylenol #3 with Codeine (pain)- take meds at bedtime. NO Driving
- Augmentin 875 mg (antibiotic)- take meds twice daily until completed
- Ibuprofen 800mg (pain) - take meds before anesthesia wears off. Use pain pills as needed
- Medrol Dose Pack (steroid) - IF prescribed take meds as directed