



**Three Simple Steps for a Pleasant and Successful**  
**Oral Sedation Appointment:**

1. Don't eat solid foods 6 hours prior to your appointment. Some medical conditions or patients under physician's orders and taking certain medications are exceptions.  
*Please ask us.*

2. Clear liquids are permitted up to 2 hours prior to your appointment. Suggestions include; coffee and tea with sugar, soda, Jell-O, popsicles (*non-cream*) and water.  
No dairy, No pulp-containing juices.  
For washroom logistics, try not to overconsume fluids.

3. Plan ahead. Wear a short-sleeved shirt and sweater over top. By law, we are not allowed to release you unless accompanied by a responsible and physically capable adult. Plan alternative business and transportation arrangements, just until the following day. You'll probably feel great, but you're still legally impaired. Don't take a chance!

We want to make your treatment as comfortable as possible.  
If you have any other questions please feel free to ask.  
On behalf of Dr. Johnson and the staff at  
Allen Creek Dental

“We are here to help”