

**Instructions for patients to have dental treatment done using deep sedation or general anesthesia  
with Dr. Cangemi**

- 1) Do not eat anything after midnight the night before the procedure if your appointment is in the morning or 8 hours prior to an afternoon appointment.
- 2) You can drink clear liquids (water or Sprite) up to 3 hours prior to the appointment.
- 3) If you are an insulin dependent diabetic, we must do the procedure in the morning. Nothing to eat after midnight and DO NOT TAKE your insulin in the morning. We do not want a hypoglycemic episode.
- 4) Take your prescribed medications as directed, especially blood pressure medication or oral diabetes medications. Treat the day of the procedure like any other. Again, clear liquids only up to 3 hours prior.
- 5) If you take blood thinners such as Coumadin, Plavix, and/or Aspirin, continue to take them as you normally do, UNLESS Dr. Avason or Dr. Cangemi has recommended otherwise. Rarely do we stop these anymore prior to sedation as more complications can arise from stopping and restarting the medications.
- 6) If you are an asthmatic, bring your Albuterol inhaler with you to the appointment. We will have you take 2 puffs just before we sedate you to prevent wheezing.
- 7) If you wear contact lenses, please leave them out of your eyes and present with your traditional glasses.
- 8) Wear loose fitting clothing as we will use a blood pressure cuff and an EKG during the procedure. We need to be able to raise the sleeves high enough to place the cuff on the upper arm.
- 9) After the procedure you will be groggy, thus we must release you to a driver. Make sure we have their contact number (cell phone #) before we sedate you.
- 10) If you are having dental surgery or extractions, we must see you in 1 week to remove your sutures. Plan on a short 5 minute appointment 1 week following the procedure.