

North Bethesda Dental Associates

Date: _____

Patient Name: _____

Address: _____

Address: _____

Dear Patient:

Your appointment is scheduled for: _____

Below are a few important instructions and reminders:

- You should not drink any alcohol or caffeinated beverages for 24 hours prior to your appointment.
- You should also not eat or drink anything for 6 hours before **nor should you take any medication not approved by Doctor** prior to your appointment.
- You should not drink grapefruit juice or eat any grapefruit product for 7 days before your appointment.
- At _____ take your sedation pill.
- Have your companion bring you to our office at _____ sharp.
- Absolutely **NO** driving yourself!
- We suggest you wear comfortable clothing e.g. a lightweight jogging suit

We know the timing may be complicated, but I assure you it is very important.

Also, we have found that many patients benefit from natural healing agents that can be purchased at local drug stores. Vitamin C (1000mg taken 3 x a day) and Enzyme Co Q 10 (50mg taken 2 x a day) will boost your system and aid in producing an excellent healing experience. We recommend beginning this vitamin regimen beginning 1 week prior to your appointment and to continue for at least 2 weeks after the appointment.

If you have any questions or concerns, please feel free to call me at (301)881-7646.

You'll see us in your dreams.

Sincerely,

Colleen

Scheduling Coordinator