



Dear _____;

Your appointment is scheduled for: _____ at _____ AM/PM.

Below are a few essential instructions and reminders:

1. Do not drink any alcohol or take any recreational drugs for 24 hours or drink caffeinated beverages for 12 hours before and after your appointment.
2. Do not take any medications not approved by your doctor 12 hours before your appointment.
3. Do not eat or drink anything other than water for 8 hours before your appointment.
4. Do not drink grapefruit juice or eat any grapefruit product for 7 days before your appointment.
5. **DO NOT drive yourself!** An adult (18 years or older) must escort you into the office and not leave until the patient is assisted by the doctor or office team.
6. Have your companion bring you to our office 10 minutes prior to your appointment time.
7. We must have your companion's name and phone number prior to your appointment day.
8. Wear comfortable clothing e.g., a lightweight jogging suit and do not wear contact lenses during your appointment.
9. There is no chance of pregnancy _____ (patient initial here)
10. There has been no change in my medical history since my sedation consult _____ (initial here)
11. If you have a fever, cough, or respiratory issues, please contact us immediately.
12. *Special instructions:* _____

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

If you have any questions or concerns, please feel free to call us at (865) 539-1776.
Sincerely,

The Malone & Costa Team