



PEDIATRIC DENTISTRY
AND
ORTHODONTICS FOR ALL AGES

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EATING & DRINKING INSTRUCTIONS:
PRIOR TO YOUR CHILD'S ORAL SEDATION
AND/OR NITROUS OXIDE VISIT

Age 0-3 years old:

0-3 Hours before: Nothing to eat or drink (Not even sips of water!)

3-6 Hours before: Clear liquids up to 6oz. Example: water, jello, apple juice

6+ Hours before: Clear liquids and light foods
Example: crackers, dry toast, dry waffles, apple sauce.

Age 3+ years old:

0-3 Hours before: Nothing to eat or drink (Not even sips of water!)

3-8 Hours before: Clear liquids up to 6oz. Example: water, jello, apple juice

8+ Hours before: Clear liquids and light foods
Example: crackers, dry toast, dry waffles, apple sauce

**Please avoid dairy products, citrus juices and heavy foods the day of the appointment!

**Please make sure that these instructions are followed as listed.

**If the instructions are not followed as listed, your appointment might need to be rescheduled

If you have any questions, please do not hesitate to contact our office!