



# Pediatric Dentistry & Family Orthodontics

Andrew M. Arcuri, DDS, MS  
Michael B. Quigley, DDS  
Michael J. Weinstein, DDS  
Young H. Son, DMD

5538 North Burdick Street  
Fayetteville, NY 13066

[www.pediatricdent.com](http://www.pediatricdent.com)

Phone (315) 637-6961  
Fax: (315) 637-0169

## EATING AND DRINKING INSTRUCTIONS PRIOR TO YOUR CHILD'S 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!**