



# Pediatric Dentistry & Family Orthodontics

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## EATING AND DRINKING INSTRUCTIONS PRIOR TO YOUR CHILD'S NITROUS OXIDE VISIT.

### Age 0-3 years old:

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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.**

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### Age 3+ years old:

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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**

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**\*\*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!**