



PRE-OPERATIVE INSTRUCTIONS FOR DENTAL SURGERY

**** VERY IMPORTANT INFORMATION – PLEASE READ CAREFULLY ****

**** COMPLETE ATTACHED “MEDICAL HISTORY UPDATE FORM” **
& RETURN IT TO YOUR DENTIST PRIOR TO SURGERY**

1. We will be reviewing your medical history with you immediately prior to your procedure. Please be sure you are familiar with that information—especially with the name(s) and dosage(s) of any medications you are taking. If you feel your history is relatively complicated, we will need to decide if a consultation with your physician is necessary before the procedure is performed.
2. Unless specified by your dentist, all medicines taken on a routine basis should be continued without interruption. Please swallow with a minimal amount of water.
3. Patients who are minors (under 18 years of age) must have a legal guardian present.
4. It is important to avoid smoking for at least one week before the surgery and one week following the surgery.
5. **Keep in mind that it is best to allow for some flexibility around your appointment time on the day of your surgery. It is best not to “squeeze in” an appointment for surgery on an already busy day.**

If you are having IV (intravenous) conscious sedation:

1. Do not eat or drink anything (including water) for **at least six hours prior to your appointment.** Failure to do so may result in the canceling and future rescheduling of your appointment. If you are *diabetic*, please contact your dentist for more specific instructions.
2. **A responsible adult, over 18 years of age, should accompany you to the office and should remain in the office during the entire procedure. Following the sedation, this responsible adult should be physically capable of assisting and accompanying you home and should remain with you for the next 24 hours. NOTE: Uber, Lyft, taxis, or other methods of public transportation are not acceptable.**
3. For the first 24 hours following sedation, you should refrain from the following: driving an automobile; operating heavy machinery; making legal decisions; drinking alcoholic beverages; or, engaging in any activity that requires alertness.
4. There are important differences between general anesthesia (being completely asleep) and IV conscious sedation. If you have any questions about the IV conscious sedation process, please feel free to contact Dr. De Simone at 972.978.3940 prior to the procedure.

I certify that I have read and understand the above. I acknowledge that my questions, if any, have been answered to my satisfaction.

Signature of Patient (or Patient’s Guardian)

Date

NOTE: If you have any concerns or questions about the surgery, please contact Dr. De Simone at 972.978.3940 or by email at mark@desimonedds.com.



MEDICAL HISTORY UPDATE FORM

Patient Name _____ Age _____ DOB ____ / ____ / ____ DOS ____ / ____ / ____
 Address _____ City/ST _____ Zip _____
 Email _____ Phone _____
 Escort/Driver _____ Phone _____
 Pharmacy _____ Phone _____ Zip _____
 Ht _____ Wt _____ Primary Dentist's Name _____
 If completing this form for another person, what is your relationship to that person? _____

For the following questions, circle yes or no (whichever applies). Your answers are for our records only and will be considered confidential. Please note that during your initial visit, you will be asked some questions about your responses to this questionnaire, and there may be additional questions concerning your health.

- | | |
|--|---|
| 1. Are you in good health?..... Yes No | i. AIDS or HIV infection..... Yes No |
| 2. Has there been any change in your general health within the past year? Yes No | j. Thyroid problems..... Yes No |
| 3. My last physical examination was on _____ | k. Respiratory problems, bronchitis, etc. Yes No |
| 4. Are you now under the care of a physician? Yes No | l. Sleep apnea or snoring during sleep..... Yes No |
| If so, for what condition? _____ | m. Stomach ulcer or hyperacidity Yes No |
| 5. The name and address of your physician is: _____ | n. Kidney trouble Yes No |
| _____ | o. High or low blood pressure..... Yes No |
| 6. Have you had any serious illness, operation, or been hospitalized in the past 5 years? Yes No | p. Sexually transmitted disease Yes No |
| 7. Are you taking any medicine(s), including non-prescription medicine(s)? Yes No | q. Epilepsy/other neurological disease..... Yes No |
| If so, what medicine(s) are you taking? _____ | r. Problems with the spleen Yes No |
| _____ | 10. Have you had abnormal bleeding? Yes No |
| 8. Have you ever taken Aredia, Zometa, Fosamax, Actonel, or Boniva? Yes No | Or required a blood transfusion? Yes No |
| 9. Do you have or have you had any of the following diseases or problems? | 11. Do you have any blood disorder such as anemia? Yes No |
| a. Damaged or artificial heart valves, heart murmur, or rheumatic heart disease Yes No | 12. Have you been treated for a tumor? Yes No |
| b. Cardiovascular disease, angina, heart attack, heart trouble, stroke Yes No | 13. Are you allergic or have you had a reaction to: |
| c. Osteoporosis..... Yes No | a. Local anesthetics..... Yes No |
| d. Cancer requiring IV chemotherapy Yes No | b. Penicillin or other antibiotics Yes No |
| e. Asthma or hay fever..... Yes No | c. Sulfa drugs Yes No |
| f. Fainting spells or seizures Yes No | d. Barbiturates, sedatives, sleeping pills Yes No |
| g. Diabetes..... Yes No | e. Aspirin Yes No |
| h. Hepatitis, jaundice, or liver disease..... Yes No | f. Iodine Yes No |
| | g. Codeine or other narcotics Yes No |
| | h. Other _____ |
| | 14. Have you had a joint replacement (hip/knee)? Yes No |

Women

15. Are you pregnant? Yes No
 16. Do you have any menstrual problems? Yes No
 17. Are you nursing? Yes No
 18. Are you taking birth control pills?..... Yes No

I certify that I have read and understand the above. I acknowledge that my questions, if any, about the inquiries set forth above have been answered to my satisfaction. I will not hold my dentist, or any other member of his/her staff, responsible for any errors or omissions that I may have made in the completion of this form. If your medical history is complex or if you feel you would like to provide us with additional information, it would be helpful for us if you would use the back of this form to write out a chronological narrative of your medical history.

Signature of Dr. De Simone

Signature of Patient (or Patient's Guardian)

**** RETURN THIS COMPLETED FORM TO YOUR DENTIST PRIOR TO SURGERY ****



MARK A. DE SIMONE, DDS

PATIENT TREATMENT RECORD—*FOR DENTIST’S USE ONLY BELOW*

Patient Name _____ Age _____ DOB ____/____/____ DOS ____/____/____

Allows for contact by: Phone Email Mail

Medical History Findings/ROS _____

Current Medications _____

Allergies _____ Pre-op Meds (last 24 hrs.) _____

Patient Surgical/Anesthesia History _____

Family Surgical/Anesthesia History _____

Smoker: Y/N Vape/Smokeless: Y/N EtOH/Rec. drug abuse: Y/N Sleep Apnea: Y/N Pregnancy: Y/N/NA Pre-existing TMJ: Y/N

Procedure Planned

Diagnostic Criteria: Perio _____ Crowding/Ortho _____ Prev. Pain/Swelling _____ Non-Restorable _____ Cyst _____ Pt. Election _____

Pre-Operative Imaging: CBCT Pano PA Other _____ Imaging Date ____/____/____

Dental Office _____ Total Fee _____

Surgical Fee _____ Parts Fee _____ Materials Fee _____ Assistance Fee _____

Pre-Operative Sedation/Anesthesia Checklist

- Medical history reviewed
 Known allergies reviewed
 Patient surgical/anesthesia history reviewed
 Family surgical/anesthesia history reviewed
 Patient medications reviewed/modified
 Pre-operative instructions given (written & verbal)
 Post-operative instructions given (written & verbal)
 Documentation of physical examination (including ASA classification, NPO status, and pre-operative vitals—height, weight, BP, HR, RR)
 Documentation of anesthesia-specific physical examination (including Mallampati score and/or Brodsky score and auscultation)
 Pre-procedure equipment readiness check completed (monitors on/operating, sufficient O2 supply, AED/BVM/OPA/LMA present)
 Pre-procedure emergency readiness check completed (emergency protocols present and emergency roles reviewed)
 Pre-procedure treatment review completed (confirmation of correct patient & procedure)
 Reversal/resuscitation agents are present, out, and unexpired
 Pediatric/high-risk pre-operative considerations addressed
 Medical consult (as needed)
 Consent(s) signed: _____ Dental/oral surgery _____ Supplemental _____ Implant _____ Notice of Privacy Practice Acknowledgment

Explanation of any omissions _____ Individuals present _____

Physical Exam: Ht _____ Wt _____ BMI _____ Auscultation Findings: WNL; Rales; Wheezes; Other _____

Mallampati/Brodsky Score _____ ASA Classification _____ Oral Cx Exam: E/O: - + _____ I/O: - + _____

Pre-operative Vitals: EKG _____ SpO2 _____ BP _____ HR _____ RR _____ N.P.O. > _____ hrs. PMP: _____

Prescriptions Given:

Control # _____
Tramadol 37.5mg x _____
Tylenol #3 x _____
Amox 500mg x _____
Cleocin 150mg x _____
Zofran ODT 8mg x _____
Peridex (1 pint) x _____
Other _____

Table with columns: Start Time, Dose, and Admin/Wasted. Rows include Midazolam/cc, Diazepam/cc, Fentanyl/cc, Meperidine, Dexamethasone, Oxygen (L/min), N2O (L/min), Fluids, 2% Lidocaine Carps., and 0.5% Marcaine Carps.

Opioid Rx Alt. Option/Safety Discussion

Treatment/Clinical Notes

Continually evaluated color of mucosa, skin, or blood Continually evaluated ventilation: precordial steth.; end-tidal CO2; verbal comm. w/ pt.

Ligated airway protection used Sutures: silk; gut; vicryl; _____ Post-Operative/Anesth. Instructions O&W

D/C Criteria Met: Aldrete Score _____ D/C Time : _____ Doctor’s Signature _____ Date _____



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DISCLOSURE AND CONSENT – DENTAL AND ORAL SURGERY

TO THE PATIENT: *You have the right, as a patient, to be informed about your condition and about the recommended surgical, medical, or diagnostic procedures to be used so that you may make the decision whether or not to undergo the procedure after knowing the risks and hazards involved. This disclosure is not meant to scare or alarm you; it is simply an effort to make you better informed so you can give or withhold your consent to the procedure.*

I voluntarily request Mark A. De Simone, DDS and such associates, technical assistants, and other healthcare providers as they may deem necessary, to treat my condition which has been explained to me as:

Non-restorable, periodontally-involved, and/or impacted teeth _____

I(we) understand that the following surgical, medical, and/or diagnostic procedures are planned for me(us), and I(we) voluntarily consent and authorize these procedures under local anesthesia supplemental by: ___ Nitrous Oxide ___ IV Sedation ___ Oral Sedation

Surgical Extraction of Teeth _____

I(we) understand that my doctor may discover other or different conditions which require additional or different procedures than those planned. I(we) authorize my doctor and such associates, technical assistants, and other healthcare providers to perform such other procedures which are advisable in their professional judgment.

I(we) understand that no warranty or guarantee has been made to me as to result or cure. I(we) have been given both oral and written post-operative instructions, and I(we) agree to personally contact Dr. De Simone in the event I(we) have a problem. I(we) will follow his instructions until that problem has been satisfactorily resolved. I(we) realize that in the event I(we) develop certain complications, I(we) may miss school or work schedules or I(we) may incur additional, unexpected expenses, including, but not limited to, expenses for other dentists, doctors, or medical facilities.

I(we) understand Dr. De Simone is not employed by my dentist but is an independent contractor and will receive a portion of the fee paid to my dentist for these services. I(we) have chosen Dr. De Simone from the alternatives I(we) have been offered to perform my dental surgery. I(we) understand that Dr. De Simone is a general dentist, and I(we) give Dr. De Simone and such associates permission to video or photograph procedure(s) for diagnostic and/or teaching purposes only.

Just as there may be risks and hazards in continuing my present condition without treatment, there are also risks and hazards related to the performance of the surgical, medical, and/or diagnostic procedures planned for me. I(we) realize that common to surgical, medical, and/or diagnostic procedures is the potential for infection, pain, swelling, bleeding, bruising, allergic reactions, cardiac arrest, brain injury, and even death. I(we) also realize that the following risks and hazards may occur in connection with this particular procedure:

- _____ 1. Temporary or permanent nerve injury resulting in altered sensations or numbness of the lips, chin, tongue, teeth, and/or gums
- _____ 2. Damage to adjacent teeth and/or dental restorations
- _____ 3. Soreness at injection sites and/or along veins, as well as discoloration of the injection sites, bleeding, bruising, or swelling of the face and/or jaw
- _____ 4. Opening of the sinus requiring additional treatment
- _____ 5. Jaw fracture, muscle spasms, and/or limited opening of jaws for several days or weeks
- _____ 6. Small root fragments remaining in the jaw due to an increased possibility of surgical complications
- _____ 7. Jaw joint (TMJ) tenderness, soreness, pain, or locking, which may be temporary or permanent
- _____ 8. Dry socket occurrence when a blood clot does not form properly, which can be extremely painful if not treated
- _____ 9. Infection requiring additional procedures
- _____ 10. Other _____

I(we) understand that IV conscious sedation (“twilight sleep”) and other forms of supplemental sedation involve additional risks and hazards, but I(we) request the use of IV conscious sedation and/or other forms of supplemental anesthesia to assist in the relief and protection from pain during the planned and additional procedures. I(we) realize the IV conscious sedation and/or other forms of supplemental anesthesia may have to be changed possibly without explanation to me(us). I(we) understand this is not general anesthesia (being completely asleep), and that it is unlikely, but I may have unpleasant memories of the procedure.

I(we) understand that certain complications may result from the use of any IV sedative or other form of anesthesia, including respiratory problems, drug reactions, paralysis, brain damage, or even death. Other risks and hazards which may result from the use of IV sedation or other sedatives or anesthetics range from minor discomfort to injury of the vocal cords, teeth, and/or eyes.

I(we) have been given an opportunity to ask questions about my(our) condition, alternative forms of anesthesia and treatment, risks of non-treatment, the procedures to be used, and the risks and hazards involved, and I(we) believe that I(we) have sufficient information to give this consent.

I(we) certify this form has been fully explained to me(us), that I(we) have read it or have had it read to me(us), that the blank spaces have been filled in, and that I(we) understand its contents.

DATE _____ TIME _____

Signature of Patient or Other Legally-responsible Person

/ Patient's Name (Please Print)

WITNESS: _____ DATE: _____



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SUPPLEMENTAL DISCLOSURE & CONSENT

INFORMATION FOR PATIENTS REGARDING POSSIBLE CHANGES IN SENSATIONS OF THE LIP, CHIN, OR TONGUE FOLLOWING DENTAL SURGERY

Dental surgery, like any other surgery, has certain inherent risks and limitations that may occur despite the experience and skill of the doctor. Following your surgery, it is possible that you may experience either temporary or permanent changes in the sensation or feelings of your lip, chin, or tongue. Permanent changes in sensation of the affected areas are extremely rare.

WHAT CAN CAUSE IT?

Because the nerves that supply these regions are close to the area where the surgery is performed, the nerves may not function normally for a while afterwards. These nerves affect sensation only and not movement.

The most common cause of this type of injury is from the pressure that can occur during either the removal of a tooth root or by the placement of an implant in the lower jaw. Occasionally, hooks or curves on the root may tear some of the nerve fibers. Another possible cause of injury is during the administration of the local anesthesia (numbing medicine). X-rays are helpful but cannot tell us the exact location of the important structures. When the nerve is especially close to the site of the surgery, it could be nicked or cut. Additionally, the incidence and severity of nerve injuries increases with age. This is particularly true for lower wisdom teeth. Further, sometimes sensation is affected without knowing exactly what caused it.

HOW LONG WILL IT LAST?

The likelihood that a change in sensation will occur and how long it will last can depend on many factors, including position of the tooth, the nerve, or the difficulty of the procedure. The duration of the condition is unpredictable and different in each case. It may last a few days, weeks, or months, and in very rare instances, may be permanent. In the majority of cases, the sensory loss gradually returns to normal although you may not be aware of any immediate improvement. Nerve tissue is the slowest tissue in the body to heal, and it can be weeks or months before you notice significant improvements. Nonetheless, it is important for you to stay in touch with us, so we may advise you of your specific circumstances.

HOW CAN I TELL IF I AM GETTING BETTER?

During nerve recovery, you may notice changes such as tingling, as if a local anesthetic is wearing off. Other sensations may also be present. Do not be alarmed; this is often a positive sign. It is important for you to help us in recording any changes in your symptoms so that we may better answer your questions and advise you as to your prognosis.

WHAT IF IT DOESN'T GET BETTER? CAN ANYTHING BE DONE?

If there has been absolutely no improvement in six weeks, then depending on your case, microsurgical repair could be considered. We can further counsel you on this possibility, and you will be referred to a specialist who is experienced and knowledgeable in this area.

IN SUMMARY

Remember, in the overwhelming number of instances of altered sensation, all or most of the normal sensation will return. If residual symptoms do remain, the risks involved with surgical repair may not be warranted, in that spontaneous, post-operative recovery may take up to two years to occur. By keeping in close contact with us, we are better able to advise you throughout your recovery process to insure optimum results.

Patient's Name (printed)

Signature of Patient (or Patient's Guardian)

Signature of Dr. De Simone

Date Signed



****IMPORTANT—PLEASE READ! POST-OPERATIVE INSTRUCTIONS****

You should refrain from driving an automobile or from engaging in any task that requires alertness for the next 24 hours.

You should REST while making sure you start a prudent and nutritious diet; establish good pain management and a good pain medication regimen; and, control any bleeding.

DAY OF SURGERY — IMMEDIATELY FOLLOWING SURGERY:

Get Food—You should eat promptly following surgery. A drive-thru milkshake, protein shake, or smoothie usually works well for the drive home. Remove any gauze to eat or drink. Do not use a straw. You should eat liquid/mushy foods for up to 7 days following surgery (e.g., soup, broth, smoothies, mashed potatoes, pudding, yogurt, Jell-O, Ensure, ice cream, milkshakes, protein shakes, baby food, etc.). If you have to think about whether or not you should eat a food, make a different food choice.

Pick-up Prescriptions—Any prescriptions will be sent electronically to your pharmacy of choice. If for some reason you do not receive them, or if the pharmacy places them “on hold,” please reach out to Dr. De Simone directly.

Take Medications—Following your meal, you should start over-the-counter medications for pain control. Refer to your pain management card. If able, start with 600mgs of ibuprofen (Advil/Motrin). As illustrated on the card, other medications can be taken if pain is poorly controlled with ibuprofen alone, but ibuprofen is never skipped.

Control Bleeding—Keep your head elevated for several hours after surgery. Minimize talking. Do not suck or spit excessively. Place folded gauze over the extraction sites and maintain pressure by biting on the dressings for 20-30 minutes. Do not chew the gauze. Dressings should only be used if you are soaking them all the way through after each interval. If you are not saturating dressing all the way through after 20-30 minutes, simply remove them. Bleeding will be off-and-on the day of surgery. Overusing gauze to *completely* stop bleeding can actually cause further bleeding and a poorly-formed blood clot.

DAY AFTER SURGERY:

- Begin oral hygiene again. Brush teeth gently/carefully. Avoid brushing or using Waterpik® on extraction site(s) until fully healed.
- Begin rinsing your mouth 3 times per day with the prescription mouth rinse (or use 1 tsp. of salt in a glass of warm water). Swish gently for 1-2 minutes; let the rinse fall from your mouth into the sink. Avoid spitting. You may rinse more vigorously as each day passes. Transition to using the irrigation syringe provided 5 days after surgery.
- Start your antibiotics, if prescribed. Take ALL that have been prescribed, AS DIRECTED.
- You may resume most activities (drive a vehicle, return to work/school, exercise) based on comfort. Use caution if on prescription pain medication. No strenuous activity or heavy lifting for 7 days.

EXPECTATIONS:

- Discomfort may occur for a few hours after the sensation returns to your mouth, gradually increasing for the first 3-4 days.
- Swelling should increase for several days following surgery, and should reach its maximum in 3-4 days. You may ice (15-minutes on/15-minutes off) for the first 24-72 hours to help.
- Bruising is normal.
- Limited range of motion and restricted opening is common.
- Discomfort and swelling should begin to diminish by the fifth post-operative day.
- If sutures were used, they will dissolve on their own.
- The extraction sockets will close and fill-in within 1-6 weeks following surgery. Upper sockets close and heal more quickly than lower ones.
- You are expected to make a follow-up in 5-7 days to check healing and to receive further instructions (use of irrigation syringe) on how to keep the sockets clean.

CONTACT THE DOCTOR IF:

- You are having trouble receiving your medications from the pharmacy.
- Bleeding is excessive and cannot be controlled.
- Discomfort is poorly controlled.
- Swelling is excessive, spreading, or continuing to enlarge after 60 hours.
- Allergic reactions to medications occur, which are causing a generalized rash or excessive itching.

CONTACT EMERGENCY MEDICAL SERVICES (“EMS”) OR CALL “911” IF:

- Patient has difficulty breathing.
- Patient loses/has lost consciousness.

****Additional post-operative information can be found at www.desimonedds.com****



Do's & Don'ts

DO's

1. Do eat a liquid/mushy meal promptly after surgery. Eat foods that you can swallow without chewing, and use a spoon.
2. Do eat 15 minutes prior to taking medications.
3. Do take all medications as prescribed (NO SKIPPING MEDICATIONS). For pain management, refer to the pain management card provided. Following your first meal after surgery, 600mg ibuprofen (Advil/Motrin) should be taken. The ibuprofen should be taken for 7 days, on-schedule, whether hurting, swollen, or not. Antibiotics and rinses should be started 24 hours after surgery. Anti-nausea and *any prescription pain medications* should be taken only as needed.
4. Do change gauze (if provided) every 20-30 minutes until bleeding slows. Gauze should only be needed for the first few hours.
5. Do expect your mouth to be numb for 6-12 hours after surgery.
6. Do use an ice pack (15 minutes on/15 minutes off) for the first 24-72 hours.
7. Do expect pain and swelling to peak on third or fourth day.
8. Do eat liquid/mushy foods for up to 7 days following surgery (e.g., soup, broth, smoothies, mashed potatoes, pudding, yogurt, Jell-O, Ensure, ice cream, milkshakes, protein shakes, baby food, etc.).
9. ****Do return to the dental office within 5-7 days for post-operative appointment to check your healing (additional follow-ups may be requested, depending on the nature of your surgery).**
10. **Do call Dr. De Simone directly if things are not improving week-by-week (972.978.3940).**

DON'Ts

1. Don't explore the surgical site, and keep your tongue, fingers, and food away from the surgical area.
2. Don't eat, drink, or sleep with gauze in your mouth.
3. Don't chew the gauze.
4. Don't spit for the first 24 hours.
5. Don't leave the patient alone for the first 24 hours.
6. Don't eat foods that require you to chew for up to 7 days.
7. Don't use a straw for eating or drinking for 7 full days.
8. Don't smoke, dip, or drink alcohol for 7 full days.
9. Don't exercise hard or do any heavy lifting for 7 full days.
10. Don't blow your nose, hold in a sneeze, or blow into a musical instrument for 7 full days.

If there are any questions regarding the treatment or post-operative instructions, please do not hesitate to call the office. We will follow-up with you via phone on the day of treatment.

**** BE SURE TO CHECK THE WEBSITE FOR ADDITIONAL INFORMATION ****

— www.desimonedds.com —



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ACKNOWLEDGMENT: RECEIPT OF NOTICE OF PRIVACY PRACTICES

I have received a copy of Mark A. De Simone, DDS's Notice of Privacy Practices effective 1/1/21.

Patient's Name (please print) _____

Signature of Patient

Date Signed

I am a parent or legal guardian of _____ (patient's name). I have received a copy of Mark A. De Simone, DDS's Notice of Privacy Practices effective 1/1/21.

Parent or Legal Guardian's Name (please print) _____

Relationship to Patient: Parent Legal Guardian

Signature of Parent or Legal Guardian

Date Signed

I authorize the doctor and his staff to contact me by ___ phone ___ email ___ mail (check all that apply)

If the patient or the patient's parent/legal guardian did not sign above, staff member must document when and how the Notice was given to the individual, why the acknowledgment could not be obtained, and what efforts were used to obtain the signature.

Notice of Privacy Practices effective 1/1/21 given to individual on _____ (date)

In Person Email Mail Other _____

Reason patient or patient's parent/legal guardian did not sign this form:

- Did not want to sign
- Did not respond after more than one attempt
- Other _____

Staff Member's Name (please print)

Title

Signature of Staff Member

Date Signed