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Oral Sedation- Patient Instructions

Oral sedation allows you to relax considerably by greatly reducing your anxiety and stress without putting you out completely. In our experience we have concluded that patients who receive sedation and have a pleasant experience are more likely to complete their dental treatment instead of postponing it while incurring more costs and possible risks.

***Please pick up medication from the pharmacy PRIOR to surgery. * Start taking antibiotics a full day before surgery. ***

Bring steroid prescription with you, you will start this medication after surgery.

DO NOT DRINK OR EAT ANYTHING AFTER MIDNIGHT THE NIGHT BEFORE YOUR APPOINTMENT.

Pre-Operative Instructions:

- 1) Take regular medications unless specified by Physician or Dentist.
- 2) Patient must be driven to the office by a responsible adult companion.
- 3) No drinking alcohol for 8 hours prior to the dental appointment.
- 4) Sedative medications must be taken according to Dentist's instructions.
- 5) Patient must have NO chance of pregnancy.
- 6) No stimulants for 12 hours before and after i.e. caffeine or nicotine.
- 7) Wear something comfortable i.e. sweatpants and sweatshirt.
- 8) Bring headphones if wanted.

Please call the office with any questions you may have prior to your appointment.

Taking the medication:

- 1) Take one Tablet of the Triazolam (Halcion) .25mg at bedtime the night before your appointment.
- 2) Take one tablet of the Triazolam (Halcion) .25mg one hour PRIOR to your scheduled appointment time.
- 3) **Bring bottle of Triazolam (Halcion) .25mg with you to your scheduled appointment.**
- 4) **DO NOT DRIVE** after you have taken the medication.
- 5) The pill works quickly to create a relaxed state- you will be drowsy when you arrive.
- 6) During treatment, you will be awake enough to respond to any given commands or question.

Post-Operative Instructions:

- 1) Take all regular or prescribed medications as outlined by Physician or Dentist.
- 2) Patient must have a responsible companion escort patient home and observe recovery for at least 4 hours.
- 3) No drinking alcohol or aerobic workout for 48 hours post-surgery.
- 4) No driving for 12 hours post-surgery.
- 5) Do not operate machinery for 12 hours post-surgery.

Driver Responsibilities:

- 1) Assist the patient in walking (by holding onto their arm).
- 2) Place the patient in the car with the seat in the reclined position.
- 3) When at home, have them lie down with their head slightly elevated.
- 4) Please remain with the patient for at least 4 hours after their appointment due to the possibility of disorientation and possible injury from falling. Assess their well-being during this time.
- 5) Have the patient drink at least 2 full glasses of water within the time you stay with them.

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