

## PREOPERATIVE INSTRUCTIONS FOR ORAL SEDATION

### Things to Do/ Remember 24 hours Before Your Appointment

- No Smoking for 12 hrs prior to your appointment. This affects the level of comfort during your appointment and can negatively affect the amount of time we can work on you.
- No coffee or other caffeine drinks 12 hours before your appointment- it will limit the amount of sedation.
- No alcohol- the dentist cannot safely sedate you if you have had alcohol, narcotic pain medication, or any street or recreational drugs.
- Take no other additional medications (i.e., vitamins, nutritional supplements, herbal supplements, antacids, or over-the-counter pain medications) unless you have discussed these medications with the dentist.
- No solid food 6 hours prior to your appointment (Some medical conditions may require exceptions. Please ask us.)
- Clear liquids in small amounts, are permitted up to 3 hours prior to your appointment. Please avoid caffeine, dairy, and fruit juices. Water, non caffeine containing clear soft drinks (sprite, ginger ale), sports drinks, jello, and non-cream Popsicles are good choices.
- Remember to remove any nail polish
- Review your prescriptions and take the medication at the designated times.

### The Morning of Your Appointment

- Take your triazolam pill as instructed by the dentist before your appointment.
- Leave jewelry and watches at home.
- No contact lens.
- Dress comfortably- avoid sweaters and sweatshirts

**It is essential that someone drive you to your appointment and drive you home afterward. Failure to adhere to these instructions could cause a life- threatening situation.**

### After Sedation Instructions

- Patient cannot drive for 24 hrs. after sedation
- Do not operate machinery or undertake activity that could be hazardous for 24 hr. after sedation
- A responsible person should be with the patient until they have fully recovered from the effects of sedation. Patients may seem normal, but the effects of the medication can last for several hours after the appointment has ended. Do not allow the patient to make important decisions for the remainder of the day after the sedation appointment.
- The patient should not assume responsibility of caring for children the day of the sedation appointment. Please make proper arrangements ahead of time.
- The patient should not go up or down stairs unattended. Support them at all times, whether they want you to or not.
- Always hold patient's arm when walking.
- Patient should resume normal eating and drinking as soon as they are able after the sedation appointment.
- Do not use alcohol or other sedatives for 24 hours after the appointment
- Call us if you have any questions or difficulties. If you feel the patients symptoms warrant a physician's care and you are unable to reach us, CALL 911 IMMEDIATELY, Even if you are not sure, CALL 911 to be safe.
- Memory may be compromised during the recovery phase. This is normal and temporary

**Office number: 336 854-5850**

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