

Oral Conscious Sedation: Instructions and Consent

Your comfort and care are our primary concerns. To ensure that this procedure is safe, comfortable and successful, please strictly adhere to the following instructions.

BEFORE YOUR APPOINTMENT:

1. Oral sedation drugs (Valium-Diazepam) are best absorbed on an empty stomach. Do NOT eat after midnight the day before your appointment or at least 8 hours prior to your appointment. If you have a medical reason requiring you to eat, be sure that this was discussed at the consultation with your dentist.
2. Do NOT use tobacco for 8 hours prior to your appointment
3. Do NOT drink alcohol 24 hours before and 24 hours after taking Valium (Diazepam)
4. Do NOT use any recreational/illegal drugs for 7 days prior to your sedation appointment and 7 days after your sedation appointment and NEVER if you are taking narcotic pain medication
5. Do NOT take Valium (Diazepam) if you are or think you might be pregnant
6. Do NOT take Valium (Diazepam) if you have acute, narrow-angle glaucoma
7. Do NOT eat grapefruit or drink grapefruit juice while taking Valium (Diazepam). Avoid anything grapefruit for 3 days preceding your appointment and 1 day after your appointment.
8. Do NOT drive a motor vehicle for 24 hours after taking Valium (Diazepam). It is illegal to drive a motor vehicle while under the influence mind-altering substances. Please arrange for someone to drive you to and from your appointment. **If you do not have a driver, we will have to reschedule your appointment.** A \$50 per scheduled hour cancellation fee will apply.
9. Your driver does not have to stay at the appointment. He/She just has to drop you off and pick you up. If we finish early or run late, we can call your driver to update them. We will release you into the care of your driver after your appointment.
10. Please use the restroom upon arrival to our office. This prevents the need for a "groggy" trip to the bathroom during your appointment.

AFTER YOUR APPOINTMENT:

We will discuss your procedure and follow-up care with your driver as you may not remember what was said.

Please follow the following instructions:

RESTRICTED ACTIVITIES:

1. Do NOT drive for 24 hours after taking sedation medication
2. Do NOT operate any hazardous devices or do any heavy lifting for 24 hours
3. Do NOT go to work or make any important decisions for 24 hours after the appointment
4. Do NOT engage in any activities that require coordination for 24 hours after the appointment
5. You should not carry, sleep next to or be left alone with young children for at least 24 hours after the last dosage of medication
6. If you are a nursing mother, discard your milk for 1 day after taking sedation medication

SUPERVISION

1. A responsible person should stay with you until the effects of the medication have worn off, at least 12 hours
2. Do NOT go up and down the stairs unattended. You should stay on the ground floor, if possible, until you have recovered.

NUTRITION AND HYDRATION

1. Eat appropriate foods as soon as possible after your appointment. "Appropriate foods" vary based on the type of dental treatment. You can have something with nutritious value like Ensure, Carnation Instant Breakfast or Boost as soon as you arrive home
2. Drink plenty of fluids and stay hydrated. We recommend at least 6 glasses of water the rest of the day after the appointment.

MEDICATION

1. Do NOT take any sedatives or stimulants for 24 hours after the appointment. This includes alcohol, caffeine and nicotine.
2. Refrain from taking your regular medication for 12 hours after the appointment.
3. Take all medication as prescribed by the dentist for pain management and infection prevention

SIDE EFFECTS

Most patients using this medication do NOT have serious side effects. Some patients have reported sleep walking, driving, eating or talking on the phone while not fully awake. Often, they do not remember these activities. This problem can be dangerous to you or to others. The risk for this occurrence increases with the use of alcohol or other medications that cause drowsiness. Please follow our instructions above to avoid these issues.

Seek medical attention if you experience any of the following serious but unlikely side effects: confusion, euphoria, tremor, restlessness, memory loss, sweating, hallucinations, anxiety, agitation, unusual or disturbing thoughts, depression, suicidal ideation, increased or vivid dreams, vision changes, fainting, signs of infection (fever, persistent sore throat), unusual paleness, unusual tiredness, irregular heartbeat, yellowing of the eyes or skin, dark urine. A very serious allergic reaction to this drug is unlikely, but immediately seek medical attention if any of the following occurs: rash, itching/swelling (especially of the face, tongue or throat), severe dizziness, trouble breathing. If you feel that your symptoms warrant a physician, go to the closest emergency room immediately.

Following most surgical procedures, pain may or may not occur, depending on your pain threshold. You will be provided a prescription for appropriate medication for any discomfort. In most cases, a non-narcotic pain regimen will be given, consisting of Tylenol and Motrin. If narcotic pain medication has been prescribed, follow the directions carefully. If you have any questions about these medications interacting with any medicines you are currently taking, please call our office, your physician and your pharmacist BEFORE your appointment.

If for any reason you are concerned about your condition or need clarification on instructions, call our office to speak with your dentist or our office staff.