

## Instructions For Oral Sedation Patients

Oral sedation with medication (Valium, Halcion, Ativan, Xanax) is very beneficial for patients who have anxiety or other difficulties. Because the effects of medication will affect your judgment and will last longer than your dental appointment, the following instructions must be followed.

1. You must have no alcohol or other sedatives for 24 hours prior to and after you're appointment.
2. **There must be no chance that you are pregnant .**
3. You cannot be sensitive to above drugs.
4. Do not wear contact lens for 24 hours.
5. You must have an adult companion drive you to and from the office and need to stay with you for the rest of the day.
6. As with all sedatives, you cannot drive, operate machinery or undertake any activities that could be hazardous, for 24 hours. This includes such activities as, walking unaided, climbing stairs, etc.
7. You must not undertake a position of responsibility, care of children, etc. for rest of the day.
8. You must not make any important decisions, legal or monetary for the rest of the day.
9. You must discuss with and give a copy of these instructions to your adult companion/driver so that he/she can determine if they can meet their responsibility. You must go home directly after treatment and inform us when you get home.
10. Drink lots of fluid and stay hydrated.