

INSTRUCTIONS FOR SEDATION

PLEASE READ THESE INSTRUCTIONS COMPLETELY AND CAREFULLY



PRIOR TO YOUR APPOINTMENT

Inform your doctor of any drugs that you are currently taking (including prescribed, over-the-counter, or herbal medications) and any drug reactions and/or change in medical history.

An anxiolytic is a medication which inhibits anxiety. Such medications given or prescribed for pain or anxiety may cause drowsiness and reduce your ability to be mentally alert. Plan ahead. You should not drive, make important decisions or perform hazardous chores until you have recovered from the effects of these medications.

You must have an escort to and from your appointment. It is recommended you keep a chaperone with you for the day to supervise your activity and ensure your safety.

You may fill your prescription at a local pharmacy of your choice. Follow the written instructions outlined on the prescription bottle. Keep in mind there may have been enough medication dispensed to take a dose 12 hours prior to your appointment. This is intended to help you receive a restful night's sleep prior to your dental treatment. This dose is completely optional and you may use it at your discretion. Review the information provided from the pharmacist about possible side effects.

If the patient is a minor, it is also helpful to keep a close eye while the medication is taking effect. You may choose a comforting activity such as reading a book, holding them on your lap to reassure the child. Do not let them run around. It can be expected that the child may act excited at first then become slightly drowsy. The child's parent or legal guardian must remain at the office during the complete procedure.

AFTER YOUR APPOINTMENT

For your safety, have your chaperone review all pre and post operative instructions provided by our office.

If you have taken an anxiolytic medication prior to your appointment, hold off on taking pain medication immediately after your appointment. **You may begin taking your pain medication 6 hours after your last dose of anxiolytic medication.**

The medication will stay in your system for up to 18 hours. Remember it is important to have someone nearby to monitor you closely to assist with transportation, dispensing of recommended medications and being aware to safeguard your actions.

If nausea is present, you may consider elevating your head with pillows or using a recliner chair to rest. Alternately, you may sleep on your stomach or side to ensure you do not aspirate.

Local anesthetic used to numb the mouth during the procedure increases the tendency (especially in children) to bite or chew the lips, cheeks, and/or tongue and/or rub and scratch the face after treatment. Chaperones should observe behavior carefully and offer gentle, verbal reminders to prevent injury to these areas.

If you have further questions after your appointment, contact the office for instructions at (907) 456-8100.

