



## Pre-Operative Guidelines & Instructions for Orally Administered Conscious Sedation

For your comfort, your dental procedure will be performed utilizing a combination of local anesthetics and orally administered conscious sedation. For your safety, it is necessary that you follow the instructions below:

1. Take your usual prescribed medications as well as those that have been prescribed for your procedure. Do not take any aspirin for at least 7 days prior to your appointment date.
2. Advise us of any medications you are taking, even over-the-counter drugs. Please do not take any medicines without the doctor's knowledge and approval.
3. If your appointment is in the morning, do not eat any solid foods after midnight the night before your dental appointment. It is OK to have clear liquids – no coffee, caffeine, or tea.
4. If your appointment is in the afternoon, eat a light breakfast and no lunch. It is OK to have clear liquids – no coffee, caffeine, or tea.
5. Do not drink any alcoholic beverages the night before and the day of your appointment.
6. Wear loose, comfortable clothing.
7. Please arrive promptly for your appointment, as a late arrival may necessitate rescheduling. You must have an adult escort drive you to and from your appointment and provide supervision for the remainder of the day. You cannot take public transportation (taxi or bus) or drive yourself.
8. Full mental alertness will not return for several hours after your sedation. Therefore, for the remainder of the day you should limit all physical and mental activity. You will not be able to safely (a) drive an automobile or operate machinery, (b) undertake business or financial matters, or (c) drink alcoholic beverages the day of your sedation.

### **Prescription Instructions (checked boxes are the sedation medications that are indicated)**

- VALIUM 10mg – take 1 tablet at bedtime the night before dental appointment.
- HALCION .25mg – take 1<sup>st</sup> tablet 2 hours before appointment, take 2<sup>nd</sup> tablet 1 hour before the appointment, and bring 3<sup>rd</sup> tablet to appointment.
- HYDROXYZINE 50mg – take 1 tablet 1 hour before dental appointment.
- VALIUM 10mg – take 1 tablet 1 hour before dental appointment.
- Other: \_\_\_\_\_

Dr. Rider \_\_\_\_\_

Team Member \_\_\_\_\_

Patient \_\_\_\_\_