



## CONSCIOUS SEDATION: WHAT IS IT?

Many people are anxious about having dental treatment performed. Oral and intravenous conscious sedation are used to make you feel less apprehensive and more comfortable.

You **WILL NOT BE UNCONSCIOUS** as with general anesthetics, but you will be very relaxed and relatively unaware of what is being done. This is because we may need your cooperation in conversation with us, although the majority of our patients report that they have no memory of the dental visit. You will be given local anesthesia to completely numb the teeth and gums in the treatment area.

### Instructions For Patients Receiving Conscious Sedation

The instructions herein must be strictly adhered to before commencing with sedation. *Neglecting any of the following may result in cancellation of start of treatment.*

#### **Intravenous sedation:**

- Do not eat or drink **anything** for six (6) hours before your scheduled appointment (except prescribed medications). Patients for morning treatment shall have no food or clear liquid after midnight. Those for afternoon treatment shall have only liquids at breakfast which shall be consumed no later than six (6) hours before treatment time.
- Medications normally taken should be taken unless otherwise agreed upon by our office, and may be taken only with a sip of water.
- Wear short sleeves and flat shoes. It is suggested that comfortable pants be worn. Contact lenses must be removed before the sedation is administered. Leave all valuables at home.

#### **Intravenous and oral sedation:**

- A change in your health, especially the development of a cold or fever, is very important. For your safety inform the office of any change in health prior to your appointment.
- Arrive ten (10) minutes prior to the appointment and please try to use the restroom **BEFORE** your procedure.
- The patient must be accompanied by a responsible adult or arrangements must be made to contact a responsible person at the time of discharge. Do not plan to drive a vehicle or operate potentially dangerous equipment for twenty-four (24) hours after treatment. Do not plan to take a bus or a taxi.
- A responsible adult must be with the patient until the next day. Avoid using stairs without help.
- **Usage of Oral Sedative:** Take one pill of Halcion (Triazolam) one hour before the appointment and bring the other(s) to your appointment.

#### **Nitrous Oxide sedation:**

- In order for nitrous sedation to be effective, you must be able to breathe through your nose. Please notify us ahead of time if you are unable to do so because of a cold or congestion.
- If you experience any nausea during the procedure, please notify us immediately.