

Oral Sedation Information Sheet
****Please read before your appointment****

Before Your Appointment:

- You must arrange to have someone drive you home at the end of your appointment and assist you to your door. Please bring this person with you to your appointment. You should **NOT** go home by public transit or taxi.
- Do not wear any makeup or nail polish to your appointment. Wear comfortable and loose-fitting clothing.
- Please use the bathroom before your appointment so you have an empty bladder. **Please refrain from consuming any caffeine or alcohol the day of your appointment.**
- Contact us prior to your appointment if there has been a change to your general health.
- **Please refrain from consuming any solid foods (especially fatty foods) for a minimum of 8 hours before your appointment and avoid fluid for a minimum of 2 hours before your appointment.**
- Please continue to take your usual medication or preoperative medication unless instructed by our office. If you are having a surgical procedure, (not root canal treatment), certain blood thinners and aspirin should not be taken before the surgery. If unsure, please contact our office.
- Please contact us if any new medication has been prescribed.

Oral Sedation - Triazolam 0.25mg (1-2 tablets):

- Please arrive at the office 1 hour before your scheduled appointment to ensure the medication has time to take effect.
- The sedation medication will be given to you upon arrival at the office.
- When taking this medication you **MUST NOT DRIVE A VEHICLE**, operate hazardous machinery or consume alcohol or other sedative drugs for a minimum of 18 hours or longer if drowsiness or dizziness persists.

Benefits of Oral Sedation:

- Muscle relaxant - your jaw will feel less tired from being open
- Minimize anxiety - you will feel relaxed and sleepy
- Shortened perception of time - decreased recollection of appointment

Adverse Effects:

- When taking this medication, you may feel fatigued, disoriented and/or drowsy.
- Headaches, nausea and a change in appetite may also occur
- You may experience memory loss as well
- You may have blurred or double vision

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DO NOT TAKE THIS MEDICATION IF:

- You are pregnant or taking other sedative drugs
- You have Myasthenia gravis or acute narrow angle glaucoma
- You have any allergies to sedative medications, or if you have been instructed by your physician not to take sedative medications
- If you have severe sleep apnea and have been instructed by your physician not to take sedative medications

Following Your Appointment:

- You must not drive a car or operate machinery for at least 18 hours. **You may be drowsy for the remainder of the day and should be recovering at home in the care of a responsible adult until you are fully alert**
- Do not drink alcoholic beverages or take sedative drugs for 18-24 hours following your appointment
- Do not take public transit

Instruction for person responsible for discharge

- When the patient is discharged to you please make sure to hold the patient's arm when they are walking to the transport vehicle and from the transport vehicle to their home safely
- Please remain with the patient at home until they are fully alert. This may take several hours or longer
- Please ensure that the patient reads the post-operative instructions when the patient is fully alert
- Please ensure the patient remains at home for the remainder of the day (no driving)
- Please do not plan any stops or errands when taking the patient home

In case of emergency, call Dr. Delle Donne at (416) 230 - 3430 or Dr. Ngo at (647) 215 - 1113