ORAL-CONSCIOUS SEDATION

PRE-Operative Instructions & Reminders

If you are taking an oral sedative for your dental visit, please refer to the following guidelines before your visit. Please refer to the directions on your prescription bottle for administration of the sedative.

- Do not eat or drink anything for a minimum of 6 hours prior to your appointment, except for water with meds.
- Do not take any other sedative medications for 24 hours before and after your appointment.
- Do not take any stimulants for 12 hours before and after your appointment.
- Ensure that there is no chance of pregnancy.
- No sensitivities to Benzodiazepines, Hydroxyzine, or Zaleplon.
- Do not wear contact lenses.
- **Ensure that you have NO other appointments or commitments for the remainder of the day.**
- **You MUST have a responsible person to transport you to and from your appointment. This person must be present for the duration of your appointment.**
- **Please be sure that your paperwork is signed and payment is made 24 hours BEFORE your appointment. You will not be able to sign any paperwork or make a payment after you have taken the sedative. Our office will reach out with information about your paperwork the day before your appointment. Your appointment will be rescheduled if you fail to complete this step.**

You may contact our office with questions or concerns at (219) 476-3100.

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ORAL-CONSCIOUS SEDATION

POST-Operative Instructions & Reminders

In the 24 hours following your appointment:

- No driving or working.
- No operating hazardous devices.
- No heavy lifting, stairs, or physically strenuous activities.
- Do not make or plan to make important decisions, attend important events, or sign legal documents.
- Do not plan to be the responsible party for children or minors.
- Avoid alcohol, additional sedatives, narcotic pain medications, or any over-the-counter sleep aids.

Reminders:

- You may resume light eating after the procedure, but it is recommended that you start with soft foods (such as soup, yogurt, and applesauce) and gradually return to a normal diet as tolerated.
- You may resume taking any prescription medications as normal unless instructed otherwise.
- Nausea is a potential side effect of sedative medications. If you feel nauseous, sip on clear liquids such as ginger ale, Sprite®, or water. It may be a good idea to consume electrolytes as well, such as Gatorade®, orange juice, etc. You may also eat bland foods such as crackers and toast if needed.
- Be sure to stay hydrated! Drink plenty of water and electrolytes to help flush the sedative from your system.

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