



Sedation Instruction Sheet

Stick these handy instructions on your fridge!

Non-smokers will receive three (3) prescriptions - Valium, Halcion, and pain medication.

Smokers will receive four (4) prescriptions - Valium, Halcion, Hydroxyzine, and pain medication. Nicotine levels in your blood will affect your sedation experience. Hydroxyzine 10mg is prescribed to those who smoke.

The Evening Before Your Appointment:

Take one (1) Valium at bedtime. NO FOOD or DRINK after taking this medication. The medication works best on an empty stomach.

The Morning of Your Appointment:

Take one (1) 0.25 mg Halcion exactly one (1) hour before your appointment time. Bring all remaining medication with you to the appointment to be administered by the doctor. Drink just enough water to swallow the medications. STILL NO FOOD OR DRINK.

No alcohol or narcotic drugs unless authorized by the doctor.

We cannot safely sedate you if you have consumed alcohol, narcotics of any type (including Vicodin/Hydrocodone) or any street or recreational drugs.

Leave all valuables, purse, wallet, and watches at home or with your companion.

Wear comfortable clothing.

Wear comfortable socks and shoes.

Bring along your favorite blanket and/or listening device with earbuds.

No nail polish please.

It is absolutely necessary that you have your companion/guardian drive you to and from your appointment. We will not be able to proceed with your appointment if you drive yourself, and this will result in forfeiting your prepaid fee.

Your companion will also need instructions, so please have him/her speak with the dental team before dropping you off and picking you up. Should your companion wish to remain here during the sedation visit, we have a comfortable sedation waiting area for their use.