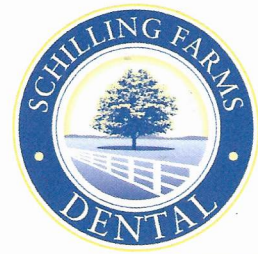


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## Sedation Instruction Sheet

Stick these handy instructions on your fridge!

**Non-Smokers** will receive three prescriptions-Valium, Halcion, and pain medication.

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

- **The evening before your appointment:**

Take 1 valium at bedtime. **NO FOOD or DRINK after this medication.**

**The medication works best on an empty stomach.**

- **The morning of your appointment:**

Take 1 Halcion 0.25mg exactly one hour before your appointment time. Bring all remaining medication with you to the appointment to be administered by the doctor. **Just enough water to swallow meds. 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 a forfeiting of 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 waiting area for their use.