

Lakeside Dental
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Pre sedation Instruction (Triazolam): Instructions for Patients Prior to Oral Conscious Sedation

Eating and Drinking

It is important that patients have an empty stomach prior to anesthesia. For this reason, adults and teenagers are not to have **anything** to eat or drink for **six** (6) hours before their scheduled appointment. If you have a morning appointment, do not eat or drink anything after midnight.

A small amount of clear liquid (water, clear fruit juice (NO GRAPEFRUIT) without pulp, carbonated beverages) may be given in moderate amounts.

No alcohol or smoking six (6) hours prior to your appointment. No marijuana use 48 hours prior to appointment.

Change in Health

Prescription medications should be taken as scheduled with a sip of water unless otherwise noted by this office. Please inform this office of **all** the medications you are **currently taking** and have taken **within the last two (2) weeks**.

Clothing

On the day of the surgery, it is suggested that you wear loose fitting clothing and comfortable shoes. Please remove nail polish if possible. Contact lenses must be removed prior to anesthesia. Leave all valuables at home.

“Diversion”

Bring something to read and/or a device with relaxing music. We will provide noise cancelling headphones if you wish.

Designated Driver

A responsible adult must accompany any patient to the office and should be available during the procedure. Do not take a taxi or bus. Arrange to have a responsible adult spend **at least** two (2) hours with you at home after your anesthetic.

Arrive On Time

It is **VERY** important that you arrive on time to your appointment. The scheduled time includes time required for the sedation medication to take effect. A calm, orderly day would provide the best chance for quality sedation. Any rushing, either by you or us would jeopardize the chance of success. This time has been reserved for you, and there are other patients in need of treatment that could be seen at this time. Our office will contact you at least 24 hours prior to the appointment. **If you need to reschedule, at least 24 hours notice must be given** or a failed appointment charge will be applied.

Please contact our office if you have any questions.