



## Instructions Following Oral Sedation - PATIENT

Follow these instructions to ensure the success of your visit and for your safety and well-being:

### Before Your Appointment

- Stop eating and drinking 3 hours before your appointment time.
- No caffeine (coffee, tea, sodas, etc.) for 3 hours before taking this medication.
- Avoid grapefruit in the hours before and after taking triazolam (Halcion).
- Take any medications you normally would with a small sip of water unless we tell you otherwise.
- Tell us beforehand if you take any medications for pain.
- Wear loose and comfortable clothing.
- Avoid colored nail polish or fake nails on at least two fingers so we can attach a pulse oximeter monitoring device
- Make sure you have a responsible adult to drive you to and from our dental office. They must be able to drive and we recommend they stay in our dental office during your entire treatment. If they leave, they will need to provide a phone number where they can be reached.

### After Your Appointment

- You may be sleepy and lethargic for the rest of the day.
- Avoid driving for 24 hours.
- Don't operate any hazardous devices for 24 hours.
- Make sure you have a responsible adult with you during the entire time that you recover from sedation regardless of your apparent level of alertness.
- Avoid going up or down stairs unattended.
- You can eat or drink whenever and whatever you'd like. In fact, you'll need to eat even if you don't want to.
- Drink plenty of fluids—patients who eat and drink a lot of fluids stay hydrated, allowing them to recuperate quicker, usually within 24 hours.
- Use your caregiver's arm (they will help you) to walk at all times.
- Call us right away if you have any difficulties or questions during your recovery. If you experience symptoms that warrant a physician and you can't reach us, go to the nearest emergency room immediately or call 911.
- If you have any questions, contact our office at **(520) 825-8112**.