

## **BEFORE YOUR SEDATION APPOINTMENT**

### **Things to do/remember the day before your appointment:**

- No smoking\* - this affects the level of sedation during your treatment, and can negatively affect your comfort level during the appointment.
- No alcohol\* - The dentist cannot safely sedate you if you have alcohol, narcotics, pain medicines (including Vicodin/Hydrocodone) or any street or recreational drugs.
- Take all prescribed medication as directed unless drug has an adverse reaction with triazolam.
- No caffeine
- Nothing to eat after midnight, it is OK to take your medication with some water on the morning of the appointment\* - Unless otherwise instructed by the dentist.
- Remember to remove any dark nail polish (e.g. blue, black, etc.....).

### **The morning of your appointment:**

- Bring your sedation medication with you to your appointment. Do NOT take it until instructed by the dentist.
- Please leave jewelry and watches at home
- No contact lenses
- Wear short sleeves and comfortable clothing
- Wear comfortable shoes/socks

It is absolutely essential that you have your escort drive you to your appointment. We will not be able to proceed with your appointment if you drive yourself, and this will result in an appointment cancellation fee.

\*Regrettably, failure to comply with the items marked with an asterisk can compromise the safety of the sedation procedure. In most cases, the dentist will not be able to proceed with your treatment.