



ORAL SEDATION

Oral Sedation, also known as pill sedation, is one of the three sedation methods dentists use to help calm patients down during dental procedures. Unlike nitrous oxide sedation and intravenous (IV) sedation, patients take the sedative in the form of a pill in the hours leading up to the appointment. The oral sedative is a type of Benzodiazepine (i.e. Valium, Halcion, Xanax), which decreases activity in the parts of the brain that control fear and anxiety. This allows your surgeon to effectively do what they are supposed to do with you being in a very calm and relaxed mood.

Before Your Appointment:

- Arrange for someone to drive you to and from your appointment. You will not be able to drive or operate heavy machinery for at least 24 hours after taking the sedative.
- Avoid eating or drinking anything for at least 6 hours before your appointment. You may have small sips of water to swallow any medication, if needed.
- Wear comfortable, loose-fitting clothing to your appointment so we can monitor your vitals.
- Inform your dentist of any changes to your medical history or medication use since your last visit.
- If you are experiencing any flu-like symptoms, such as cough, fever or sore throat, or if you have been in close contact with someone with COVID-19 within the last two weeks, please notify the office before your appointment.

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Day of your appointment:

- Nothing to eat or drink after midnight the night before the procedure.
- Bring the Oral Sedation Pill(s) to your appointment - every patient brings the prescription to our office and takes it in the office once talking with the surgeon **(the patient is responsible for disposing of any UNUSED medication)**.
- Do not drive or operate heavy machinery before or after taking the medication.
- Remain seated in the reception area until your surgeon is ready to see you.
- During the procedure, the surgeon will monitor your vital signs to ensure your safety and comfort.

Post-op instructions:

- Do not drive or operate heavy machinery for at least 24 hours after taking the sedative.
- Do not drink alcohol or take any other sedatives or pain medications without first consulting your surgeon.
- Avoid eating or drinking anything heavy until the numbness in your mouth wears off.
- Rest and avoid strenuous activity for the remainder of the day. If you are experiencing any unusual symptoms, such as difficulty breathing, chest pain, or persistent dizziness, contact your surgeon immediately.
- After taking the sedative you may experience an amnesia effect.