

# *Endodontic Professionals, P.A.*

## Oral Sedation Information

Benzodiazepines such as Valium and triazolam are commonly prescribed pills for sleeping and anti-anxiety. These medications can greatly minimize anxiety and apprehension that may be associated with going to the dentist. These medications will not “put you out”. Usually you will be in a relaxed state that allows you to communicate with the dentist and staff before, during and after the procedure; however, you may not fully remember everything later on. Even though it is a relatively safe and effective means of relaxation, you should be aware of some important considerations and precautions.

1. You must read these instructions and the procedure consent form prior to taking the medication. Signing the procedure consent prior to taking the medication is mandatory. Your consent is not valid if signed after taking the medication. If you are not sure if you read and signed the consent prior to your appointment, then please call us now.
2. You must not drive yourself to and from the appointment. The onset of relaxation occurs within 15 to 60 minutes. Typically we will ask you to take the medication 45 minutes prior to your appointment. Peak effects will occur within 1 to 2 hours. Most people will return to normal within 6 to 12 hours. For safety reasons, you must have an adult monitor you during this period. You must not drive, operate machinery, or complete tasks which require normal mental processing. Because of possible disorientation and risk of injury from falling, your designated escort must be responsible for bringing you to and from the appointment and watching you during the recovery period.
3. This medication should not be used if you are hypersensitive or allergic to benzodiazepines, are pregnant or breast-feeding, have liver or kidney disease. The following medications may interact with benzodiazepines: nefazodone (Serzone), cimetidine (Tagamet), levodopa (for Parkinson's), antihistamines (Benedryl, Tavist etc.), verapamil (Calan), diltiazem (Cardizem), erythromycin or Biaxin, HIV drugs such as indinavir and nelfinavir.
4. Alcohol and/or recreational illicit drugs could cause a substantial untoward reaction and should not be taken while under the influence of oral sedation medication.
5. Side effects may include light-headedness, headache, dizziness, disorientation, visual disturbances, amnesia, nausea. In some people, the medication may not work as desired. Smoking may decrease the medications effectiveness. Avoid eating a heavy meal with the medication. Too much food can make absorption unpredictable. A light meal is ok.
6. Nitrous oxide (laughing gas) can also be used in conjunction with this medication. Local anesthetics will still be needed to numb the area.
7. For your own safety, we will only release you to your designated escort. It is their responsibility to make sure you are driven to a place where you can be watched. Don't plan on doing any activities that require alertness until the following day.