



## PATIENT INSTRUCTIONS WHEN TAKING ORAL SEDATION

You are having a dental procedure completed under oral sedation prescribed by your periodontist. You will be relaxed but able to respond to instructions during the procedure.

The following precautions must be taken by you when taking oral sedatives:

1. You will not be able to drive or operate hazardous machinery for 24 hours after taking sedation medication.
2. **A responsible adult is required to drive you to and from your dental appointment** and to remain with you until the effects of the sedative have worn off (for a minimum of 24 - 48 hours).
  - You cannot take a taxi or Uber home as the sedative affects your memory, cognition and balance.
  - Upon returning home, you should rest for the remainder of the day.
3. You cannot be responsible for children or dependents for up to 48 hours after taking the sedation medication.
4. You should be careful when walking up and down stairs whilst sedated, even if you feel lucid.
5. Alcohol is best avoided for 24 hours after taking sedative medications.

Sedative medications are **not recommended** for the following patients:

- a. Those who are pregnant or breastfeeding.
- b. Those taking psychotic mood-altering medications, unless under the supervision of a psychiatrist or doctor.
- c. Those taking the following medications: nefazodone, ketoconazole or itraconazole, or HIV medications such as ritonavir.
- d. Those taking illicit drugs as they adversely affect oral sedatives.
- e. Those affected by:
  - i. Myasthenia gravis
  - ii. Chronic Obstructive Airways/ Pulmonary Disease (COAD or COPD).
  - iii. Those who are allergic to benzodiazepines (including Valium, Mogadon, Normison, Ativan, Antenex and Temaze).