



Instructions for Oral Conscious Sedation

If you elect oral conscious sedation, please review the following carefully when preparing for your upcoming visit under oral conscious sedation.

- We use benzodiazepines for oral conscious sedation to help you be calm and relaxed during the procedure.
- Please pick up your prescriptions prior to your appointment and take them as directed.
- Please have a **driver escort** (an adult 18 years or older) to and from your appointment. Your surgical appointment may be rescheduled if not. Please keep in mind that sedatives may cause slight temporary amnesia, so it is important not to be left alone until next morning following your procedure. Although you may feel functional and clear, this is not a time to make decisions, nor is your driver advised to follow your directions.
- Please **do not wear polish or have fake nails**, it keeps our oxygen sensor on your finger from working.
- Please **do not eat or drink for 6 hours prior** to the scheduled appointment time. A small amount of water is ok to take with medications.
- Avoid the consumption of **grapefruit juice** for 48 hours prior to surgery.
- Please **do not drink any alcohol or take any recreational drugs** for 24 hours prior to the procedure.
- Please ensure that you keep us updated if you are pregnant, trying to become pregnant, or breastfeeding. In this case, please do not take sedatives.
- Please let us know if you have a history of glaucoma. In this case, please do not take sedatives.
- The common side effects of benzodiazepines include drowsiness, dizziness, headache, amnesia, and nausea.

Please contact our office if you have any questions.

Thank you,
Professional Perio Partners