



Oral Sedation Instructions

Night Before Appointment

- Take as directed
 - a. *Ambien (Zolpidem)* 5mg - take 1 tab before bed the night before appointment.

One Hour before Appointment

- Take as directed
 - a. *Halcion (Triazolam)* 0.25mg - take 1 tab one hour before appointment.
 - b. *Halcion (Triazolam)* 0.25mg - if prescribed 2 tabs, take 2 tabs one hour before appointment.

Nitrous/Laughing Gas Option

- During the procedure you have the option to have Nitrous Gas throughout the procedure
 - Once gas is going:
 - Limit speaking to just answering questions.
 - Breathe in and out through your nose only.
 - DO NOT INHALE or EXHALE through your mouth. This will lessen the effects of the gas.
 - Once procedure is finished, you will breathe pure Oxygen for 5 minutes. At this time, the nitrous gas will be significantly out of your system.

Driving Home

- We strongly advise after oral sedation that you have a driver with you to take you home.

Post-Op Instructions

- Please follow the Post-Op Instructions given to you.