



VAN BEEK
— FAMILY DENTISTRY —

Patient instructions for Oral Sedation

Anxiety and apprehension about dental treatment is more common than you may think. Close to 35 million Americans experience significant apprehension about dental procedures, while an additional 10 million are considered to be “dental phobic” and avoid needed dental care altogether. We **care about you and are committed to making you oral-health care experience comfortable and relaxing.** Oral sedatives are one means by which we can assist you in feeling more comfortable during dental treatment. Here is a list of things you should be aware of before taking oral sedative medication.

Before your appointment:

- Arrive at your appointment time and you will be given the prescribed medication in the office. Bring a book to read or music to listen to help you relax and feel comfortable.
- You must arrange to have someone accompany you home at the end of your appointment. You cannot drive yourself home.
- Contact us if there is any change in your health just before your appointment.
- Wear comfortable, loose fitting, casual clothing.
- Do not have anything to eat or drink for 3 hours before your appointment.
- If you are taking any medications for high blood pressure, diabetes or any other medical conditions, be sure to take your pills as you normally would.
- Make a trip to the washroom just prior to being seated.

After your appointment:

- You must not drive a car or operate machinery for at least 24 hours, or as long as the dizziness / drowsiness persists.
- Do not travel by public transportation.
- Do not use any mood-altering substances (e.g. Alcohol) for the rest of the day.
- If there are any questions, please call us at (519) 524-9655. Emergency after-clinic hour phone numbers are listed on the answering machine.

We are available and willing to listen to any concerns you may have.