



RANCHO BERNARDO ENDODONTICS

Things To Know Before & After Your Dental Appointment With TRIAZOLAM (Oral- Conscious Sedation)

- If you are given an anti-anxiety medication to take the night before treatment, please take as directed.
- Alcohol consumption is not recommended 8 hours prior to your appointment or for 12 hours after your appointment.
- Eat a light meal 1 ½- 2 hours prior to your treatment (i.e. piece of toast, half a bagel, fruit, etc...)
- No stimulants (such as caffeine) on the day of your appointment.
- Take your regular medications as usual unless otherwise specified by your physician or dentist.
- Please arrive 1 hour before your scheduled appointment to take the triazolam.
- You must be driven to and picked up from your appointment by a responsible companion over the age of 18. After you get home, someone should stay with you to observe your recovery.
- Plan to take the day off from work on the day of your treatment.
- Once you arrive at the office and take the triazolam, you must not leave the office unescorted.
- Please remove any acrylic nails and/or dark nail polish before your appointment with triazolam.
- Do not operate heavy machinery or drive for 12 hours after your appointment.
- We request you drink plenty of water after your appointment to keep yourself well hydrated.

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