

## **Oral Sedation Information and Consent**

Conscious sedation is a controlled, drug-induced, minimally depressed level of consciousness that allows the patient to breathe independently, and continuously respond appropriately to physical stimulation and/or verbal command, e.g., “open your eyes.”

Common medications used by this doctor, for oral conscious sedation include Valium(diazepam), Halcion(triazolam), and Hydroxyzine. **Please inform the dentist of any adverse or allergic reactions that you had to these or any medications at all.** These medications can greatly minimize anxiety that may be associated with going to the dentist. In a relaxed state, you will still be able to communicate with the dentist while treatment is being performed. Even though it is safe, effective, and wears off rapidly after the dental visit, you should be aware of some important precautions and considerations.

Benefits of conscious sedation include reduced awareness of unpleasant sights, sounds and sensations associated with the procedure, along with reduced anxiety. Many patients fall asleep, **but not always.**

Risks of conscious sedations include nausea/vomiting, allergy to medication, irritation and/or pain/swelling to skin and veins (IV only), breathing problems, brain damage, cardiac arrest and death.

I understand that it is **critically important** that I fully discuss my complete medical history with the dentist before sedative medications are administered especially any medications I’m taking.

**You should not use these medications if you are PREGNANT, breast feeding, or have significant liver or kidney disease. \_\_\_\_\_(please initial)**

Tell the doctor if you are taking the following medications as they can adversely interact with the sedation medications: nefazodone (Serzone); cimetidine (Tagamet, Tagamet HB, Novocimetine or Peptol); levodopa (Dopar or Larodopa) for Parkinson’s disease; antihistamines (such as benadryl and travist); verapamil (Calan); diltiazem (Cardizem); erythromycin and the azole antimycotics (nizoral, biaxin, orporanox); HIV drugs indinavir and nelfinovir; and alcohol.

Grapefruit juice should also be avoided. Taking recreational/illicit drugs can also cause untold reactions.

**I understand that I will NOT eat or drink anything for 6 hours prior to receiving oral sedation. I understand that not complying with this can lead to serious complications.**

**I also understand that I will need an escort/driver to take me to and from the dental office. I will NOT operate any vehicle or heavy machinery or perform important tasks that need my full alert attention for the first 24 hours after sedation.**

The dentist has reviewed the written instructions with me including expectations regarding food/drink intake, escort and activity after the sedation.

Sedation can be administered by multiple routes. Dr. Michael Nguyen has discussed these options with me. I also understand that the sedation plan may need to be changed on the day of the procedure. I also acknowledge that no guarantee has been made as to the results that may be obtained.

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**Post-Sedation Instructions**  
**DO's and DON'Ts After Anesthesia:**

**DON'T operate a motor vehicle for at least 24 hours.**

Your responses will be dulled or slowed considerably.

**DON'T go up and down stairs unattended.**

Try to stay on the first floor until recovered. Always hold on to someone's arm as you may have balance problems due to the sedative medications.

**DON'T operate complex equipment or machinery for at least 24 hours.**

The same logic applies to driving a car similarly applies to the operation of other equipment. This includes equipment used at home, such as a lawnmower, as well as that which is used on the job, such as a forklift truck.

**DON'T make any important decisions or sign any legal documents for the day.**

The potential for impairment relates not only to physical activities but to your mental state also. Moreover, the anxiety that frequently accompanies important decisions is to be avoided. The day should be spent resting.

**DON'T take any medications unless prescribed by or discussed with your dentist or CRNA.**

Some medications may adversely interact with anesthetic drugs or chemicals remaining in your body. Included are prescription drugs, such as sleeping pills or tranquilizers, and over-the-counter medications, such as aspirin.

**DON'T drink alcohol for at least 24 hours.**

Alcohol is also considered a drug, meaning that an alcoholic drink has the potential to negatively react with the anesthetic in your system. This includes hard liquor, beer, and wine.

**DO leave the health care facility accompanied by a responsible adult.**

This person will ensure that you travel home safely, as well as provide immediate care at home. You should continue to have this adult with you for 24 hours after surgery.

**DO remain quietly at home for the day and rest.**

You need rest both because you have received anesthesia, and because you have undergone a surgical procedure, even one that is considered minor. If after a day you still do not feel recovered, you may want to continue your rest for a day or two. Discuss your planned return to work with your dentist or CRNA.

**DO arrange for someone to care for your small children for the day**

Even if given instructions to play peacefully and not overtax your children sometimes forget such directions or have trouble staying quiet for an entire day. The most predictable course of action is to leave small children and babies in the care of another responsible individual.

**DO take liquids first and slowly progress to a light meal.**

Heavy foods can be difficult for your system to digest, thereby increasing the chance for discomfort. For your nourishment, start by taking liquids, and then eat light foods, such as broth or soup, crackers or toast, plain rice, jello, and yogurt.

**DO drink a lot of water.**

**DO call your dentist, your physician, C.R.N.A., if you have any questions.**

These professionals are interested in your welfare and want your care to go as planned. If you have questions, or feel your recovery is not progressing to your satisfaction. Available 24 hours, seven days a week.

**REMEMBER: Communication and cooperation are essential to the anesthesia process. Active participation in your care helps ensure your safety and comfort.**

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During the discussion, I have had my questions answered to my satisfaction.

I, \_\_\_\_\_, request and authorize Dr. Michael Nguyen to administer oral conscious sedation medications and/or nitrous oxide/oxygen conscious sedation to me in conjunction with the planned procedures

Patient/Guardian \_\_\_\_\_ Date \_\_\_\_\_

Witness: \_\_\_\_\_ Doctor: \_\_\_\_\_