

Instructions for Patients Prior to Sedation

Taking the medication

Take the triazolam 1 (one) hour prior to your appointment time. Dress before taking the medication. Do not drive after you have taken the medication. The peak effect occurs between 1 and 2 hours. After that, it starts wearing off and most people feel normal after 6 to 8 hours.

Eating and Drinking

It is extremely important that you have an empty stomach prior to anesthesia. For this reason, adults and teenagers are not to have anything to eat or drink for eight (8) hours before their appointment. If you have a morning appointment, don't eat or drink anything after midnight.

Change in Health

A change in health, especially the development of a cold or fever, is extremely important. Please notify Dr. Hafernik if there is any change in your health status.

Medications

Prescription medications should be taken as scheduled with a sip of water unless otherwise noted by Dr. Hafernik.

Clothing

On the day of your appointment, it is suggested that you wear loose fitting clothing and comfortable shoes. Please remove nail polish and contact lenses. Leave all valuables at home.

Designated Driver

A responsible adult must drive you to the office and return there 30 minutes prior to the end of your appointment. Do not take a taxi or bus. Arrange to have a responsible adult spend at least four (4) hours with you at home after your appointment.

Patient Signature

Date

Witness Signature

Post-Anesthesia Instructions

Pain or Fever

Drugs such as Tylenol, Advil or Motrin are usually effective for mild pain and fever that may follow your treatment and anesthesia. If you have concerns, call Dr. Hafernik.

Nausea and Vomiting

Although nausea and vomiting can occur....it is very rare and is usually limited to 1 or 2 episodes. If this condition persists, you may need a prescription medication. Please don't hesitate to call Dr. Hafernik if you think you need medication for this condition.

Diet

Limit oral intake for the first 1-2 hours to clear liquids (water, sprite, apple juice, Gator-aide). If you tolerate clear liquids, you may resume your normal diet when you are able.

Activity

Do not drive or engage in moderate to high physical activity for at least 12 hours and preferably 18 hours following your appointment. Do not operate any hazardous machinery or equipment for at least 24 hours following your anesthesia.

Driver Responsibilities

Assist the patient in walking (by holding onto their arm).

Place the patient in the car with the seat in the reclined position.

When at home, have them lie down with their head slightly elevated.

Please remain with the patient for at least four (4) hours after their appointment due to the possibility of disorientation and possible injury from falling. Assess their well being during this time.

Have the patient drink at least 2 full glasses of water within the time you stay with them.

Driver Signature

Date

Witness Signature