



# Oral Sedation Advice

Your dentist has advised/you have requested that you would benefit from oral sedation to help you relax and feel more comfortable during your forthcoming dental procedure. We use a low dose (5mg or 10mg) of Diazepam to be taken approximately 30 minutes before the start of your treatment. We would prefer that you take this medication when on the premises therefore you need to arrive 30 minutes before your scheduled appointment time. Diazepam is a very safe drug when used as directed and is mainly used for the control of anxiety however as with all prescribed medication, there are aspects you need to be aware of:

- You must reveal all current medication to your dentist (strict confidentiality is assured).
- You must disclose your complete medical history to your dentist (as above).
- You must disclose all allergies.
- You must be collected by a responsible adult and arrange to be accompanied for the remainder of the day by a responsible adult.
- You must not be in sole control of minors (children).

- You must not operate any machinery, drive a motor vehicle, ride a bicycle or in any other way, place yourself or someone else in danger by doing so. This applies to the remainder of the day and that night. You may resume normal activities from the morning of the following day.
- You should not make important decisions during the remainder of this day.
- Do not consume any alcohol on the day of the procedure either before or after taking the medication.
- Do not take any further medication which may potentiate the effects of this medication e.g. Further doses of Diazepam, sleeping tablets, antidepressants (unless prescribed and disclosed).
- Diazepam may make you feel sleepy for several hours and may also cause you to feel a little forgetful but this effect will wear off by the next day. You may wish to sleep for a while after you return home. Finally, don't forget to eat a couple of hours before your appointment and if you feel the cold, wear something warm!