

Oral Sedation Information

Triazolam (halcion), although usually prescribed as a sleeping pill, is a medication that 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.

1. The onset of triazolam is 15 to 30 minutes. 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 6-8 hours. For safety reasons and because people react differently, you should not drive or operate machinery the remainder of the day. Wait until tomorrow.
2. This medication should not be used if
 - a. You are hypersensitive to benzodiazepines (Valium, Ativan, Versed, etc.)
 - b. You are pregnant or breast feeding
 - c. You have liver or kidney disease

Tell the doctor if you are taking the following medications as they can adversely interact with triazolam: nefazodone (Serzone); cimetidine (Tagamet, Tagamet HB, Novocimetidine, or Peptol); levodopa (Dopar or Laradopa) for Parkinson's disease; antihistamines (Nizoral, Biaxin, or Sporanox); HIV drugs indinavir and nelfinovir; and alcohol, or grapefruit products. Of course, taking recreational/illicit drugs can also cause untoward reactions.

3. Side effects may include light-headedness, dizziness, visual disturbances, amnesia, and nausea. In some people, oral triazolam may not work as desired.
4. Smokers will probably notice a decrease in the medications ability to achieve desired results.
5. You should not eat heavily prior to your appointment. You may take the medication with a small amount of food, such as juice, toast, etc. Taking it with too much food can make absorption into your system unpredictable.
6. Nitrous oxide (laughing gas) may be used in conjunction with triazolam and a local anesthetic.
7. On the way home from the dentist, your seat in the car should be in the reclined position. When at home, lie down with your head slightly elevated. Someone should stay with you for the next several hours because of possible disorientation and possible injury from falling.

CONSENT DOCUMENT FOR DENTAL SEDATION PROCEDURES

1. I authorize and direct Dr. Winokur to perform upon (myself or patient's name) _____ the following dental procedure: Halcion (triazolam) oral sedation and/or nitrous oxide.
2. I understand, through discussions with Dr. Winokur the nature and purpose of this procedure. I also understand what alternative treatments are available and the advantages and disadvantages of each, including no treatment. The alternative treatments that have been discussed are: no sedation, fear counseling, sedation with nitrous oxide only, referral to a dentist who will use IV sedation or general anesthesia including going to a hospital for general anesthetic.
3. I understand that there is no guarantee that the dental procedure will be successful; however, the procedure is desired and intended to result in improved oral conditions.
4. I agree that a verbal discussion with Dr. Winokur have outlined why the procedure is recommended, what alternative treatments are available, what risks, consequences and complications may result from the procedure, and that all my questions have been answered satisfactorily. I also agree that all blanks above on this consent form were filled in before I was asked to sign it.

Patient or Guardian

Relationship to Patient (self)

Dr. _____ Date: _____ Time: _____

After Sedation Instructions

1. The patients cannot drive for 24 hours after sedation.
2. Do not operate any hazardous devices for 24 hours. This includes cooking, power tools, even making coffee. They should do nothing that involves sharp instruments, knives or tools or involves anything hot.
3. A responsible adult should be with the person until he/she has fully recovered from the effects of the sedation. The patient should not do anything that requires a responsible adult; this includes taking care of children or signing legal or financial papers.
4. The patient should not go up or down stairs unattended. Let the patient stay on the ground floor until recovered.
5. The patient can eat whenever they want after any local anesthetic (numbness) has gone. If they have amalgam (silver fillings) they should not chew anything for 4 hours. They can have foods that do not require chewing until 4 hours have passed (milkshake, yogurt, etc.)
6. The patient needs to drink fluids, as they did not get any liquids while we were working with them.
7. The patient should not be allowed to sleep. If they snooze, wake them at least every 10 minutes. If they are snoring wake them. Do not leave them alone. Do not let them sleep in the car on the way home. Do not let them smoke. If they dose off with a cigarette, they could start a fire.
8. Always hold their arm when they are walking.
They will tell you they are back to normal – They are not.
9. Call us if you have any questions or difficulties. If you feel that their symptoms warrant a physician and you are unable to reach us call 911 immediately.
10. Please be sure to use seat belts on the way home. Go directly home; do not stop and leave the patient alone in the car.
11. If you have any questions or concerns, please call our office at 503-838-1633. After hours emergency number is 503-930-2484.

Thank you!

Name _____ Date _____