

## INSTRUCTIONS FOR CONSCIOUS SEDATION

Ativan (lorazepam) has been recommended to decrease anxiety before your dental procedure. A local anesthetic such as novocaine, and possibly nitrous oxide gas, will also be administered during the procedure. You will be in a very relaxed state, yet have control of your reflexes.

Ativan is a safe medication provided these instructions are followed:

1. Do not use if you have glaucoma.
  2. Do not use if you are already taking other sedatives.
  3. Do not mix the medication with any form of alcohol.
  4. Do not drive or operate machinery while sedated.
  5. Do not use if pregnant or nursing.
  6. You must have a responsible adult drive you to and from the office.
  7. Limit your activity for the rest of the day after the procedure.
- The prescription is usually for two tablets. The first tablet is taken **one hour before bedtime** the night before your appointment. The second tablet is taken **one hour before your appointment**. Dr. Ford may have recommended an alternate dosage for you at your consultation.
  - Ativan should not be taken on an empty stomach, but do not eat a large meal either. Saltine crackers, toast or a similar light bland snack is advised.
  - Please allow **six full hours** after taking Ativan before taking a prescription pain reliever. Over-the-counter pain relievers such as Tylenol or Advil are permitted at any time.
  - For the rest of the day after the procedure, you will be groggy. Therefore, you should be in a comfortable environment and monitored by a family member or friend. Do not shower or bathe unsupervised, go up or down stairs or operate machinery until the effects of the sedative have cleared.

Thank you for your cooperation.  
Please call the office if you have any questions.

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