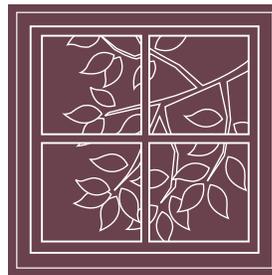


INSTRUCTIONS FOR ORAL SEDATION

Typically, I prescribe Halcion (Triazolam) 0.125mg and dispense five tablets. You may take one tablet before bed the night before the appointment if you expect that you won't sleep well. Take three tablets 1 to 1½ hours before the appointment and bring the last tablet to the office with you.

1. You must have someone available to drive if you have taken sedative medications. You must not drive for 24 hours, even if you feel able. This medication often causes temporary amnesia.
2. You should not be left alone or unattended during the day of surgery. You may need assistance to use the bathroom. Stand up slowly after lying down.
3. The medication should be taken strictly according to directions. Do not combine alcohol, tranquilizers, or sleeping pills with the medication.
4. Please let us know if you are pregnant, trying to become pregnant, or are breastfeeding. Please let us know if you have sleep apnea or reduced kidney or liver function. Please let us know if you are taking Erythromycin, Clarithromycin or Ketoconazole.
5. You should eat a normal, light meal, but do not eat within two hours of the appointment. Avoid caffeine and highly-sugared food the day of the procedure.
6. If your driver prefers, please call the office number when you get here and we will bring down the wheelchair if you are too unsteady to walk safely.



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INSTRUCTIONS FOR NITROUS OXIDE SEDATION

1. You may drive yourself to and from the appointment. Nitrous oxide is completely cleared from your body by breathing pure oxygen for five minutes after the procedure is completed. However, some patients feel drowsy or "worn out" from the procedure and from anxiety and may want a driver. If you need a bathroom break during the appointment you will need to breathe oxygen for five minutes, so please give us adequate warning of any needed breaks.
2. You should eat a normal, light meal, but do not eat within two hours of the appointment. Avoid fried or fatty foods six hours prior to the procedure. Avoid caffeine and highly-sugared food the day of the procedure.
3. If you have nasal congestion the day of the procedure, please take a decongestant such as Sudafed or other cold or allergy medication one hour prior to appointment.
4. Nitrous oxide can temporarily increase the level of homocystiene in your blood, which is a compound similar to cholesterol. This effect can be eliminated by using supplemental Folic acid (400mcg), Vitamin B-6 (100mg) and B-12 (500mcg) daily for one week prior to the procedure.
5. Nitrous oxide should not be used if you had recent eye surgery (within two weeks).