OAKSDENTAL

244 Military Road, Neutral Bay, NSW 2089
02 9096 3895
reception@theoaksdental.com.au
www.theoaksdental.com.au

ORAL SEDATION (VALIUM)

Diazepam (Valium) is a sedative medication that is prescribed to help reduce anxiety before your dental appointment. It is taken as a tablet by mouth, approximately 45 minutes before your scheduled treatment. It is not a general anaesthetic and you will remain conscious and able to respond throughout your treatment, but you should feel noticeably calmer and more relaxed.

Diazepam affects each patient differently. Its effects can also be unpredictable, and occasionally a patient will feel little to no sedative effect from the standard dose.

BEFORE YOUR APPOINTMENT

- You **MUST** arrange for a responsible adult to collect you from your appointment, and to remain with you afterwards. You will not be permitted to drive, use public transport alone, or leave unaccompanied.
- Eat a light meal beforehand unless otherwise instructed. Do not take this medication on a completely empty stomach.
- Do not consume alcohol or any recreational drugs for at least 24 hours before your appointment
- Tell us about all medications and supplements you are currently taking, as some may interact with diazepam.
- Tell us if you have any history of glaucoma, liver disease, respiratory conditions, sleep apnoea, or a reaction to sedatives in the past.
- Wear comfortable, loose clothing and arrive without valuables where possible
- Arrive **45 minutes** before your scheduled treatment time. You will be given a suitable dosage. Take it exactly as directed.

WHAT TO EXPECT

- You may feel drowsy, light-headed, and unusually relaxed within 30-45 minutes of taking the tablet.
- Your coordination, reaction time, and judgement will be reduced for the remainder of the day.
- You may have reduced or incomplete memory of parts of your appointment. This is a normal and often desired effect of the medication.
- You will be monitored throughout your treatment.

Common effects - unlikely to require treatment	Rare but important - seek urgent care if these occur
Drowsiness, relaxation, or light-headedness	Paradoxical reaction - agitation, aggression, or disinhibition instead of sedation
Slurred or slowed speech	Excessive or prolonged sedation, particularly if combined with other sedating medications or alcohol
Mild nausea or dizziness on standing	Interaction with other prescription or over-the-counter medications
Impaired coordination and slower reflexes	Allergic or hypersensitivity reaction to the medication
Partial/hazy memory of the appointment	Respiratory depression (slowed or shallow breathing), especially at higher doses or in patients with respiratory conditions
Feeling unusually talkative, giggly, or emotional	Falls or injury due to impaired balance and co-ordination after dosing

OAKSDENTAL

244 Military Road, Neutral Bay, NSW 2089
02 9096 3895
reception@theoaksdental.com.au
www.theoaksdental.com.au

ORAL SEDATION (VALIUM)

AFTER YOUR APPOINTMENT - AVOID FOR 24 HOURS

- Drive a car, ride a bicycle, or operate any machinery or power tools
- Consume alcohol or take other sedating medications unless approved by your doctor or dentist
- Sign legally binding documents or make important personal or financial decisions
- Care for young children or dependants unsupervised
- Cook, use sharp tools, or engage in any activity requiring full alertness and coordination

Alternative Options

- Proceeding with local anaesthetic only, without pre-medication
- Opting for treatment under intravenous (IV) sedation. Additional fees apply for this option.
- Referral for treatment under general anaesthetic.
- Waiting and rescheduling treatment at a later date

If you have any questions about this medication, or are unable to arrange an escort, please contact the practice as soon as possible before your appointment.