



Instructions for the day of your Anxiety-Free Dentistry appointment

1. You **must** have a responsible person to accompany you to and from your appointment and to stay overnight with you that evening.
2. No food or drink (except water with medicines) for 6 hours prior to your appointment.
3. No sedatives for 24-hours before/after appointment other than the prescribed Valium.
4. No stimulants for 12-hours before/after appointment.
5. No alcohol or smoking 24-hours prior to appointment.
6. No chance of pregnancy.
7. No sensitivities to Triazolam or Valium.
8. No contact lenses to be worn during appointment.
9. No antacids, grapefruit, or grapefruit juice prior to appointment.
10. Avoid long-sleeved sweater or shirt.
11. No fingernail polish.

If you have any questions, please call our office at 406-278-3609.