



## POST OPERATIVE SEDATION INSTRUCTIONS

1. Patient cannot drive for 24 hours after taking sedation medication.
2. Patient cannot make any important decisions for 24 hours after taking sedation medication.
3. Do not operate any hazardous devices or do any heavy lifting for 24 hours.
4. A responsible adult should be with the patient until he/she has fully recovered from the effects of the sedation.
5. Patients should not go up and down stairs unattended. Let the patient stay on the ground floor until recovered.
6. Having nutrition after sedation is important. The patient should begin eating soft foods as soon as possible. Do not delay.
7. Patient needs to drink plenty of fluids as soon as possible and stay hydrated.
8. No sedatives or stimulants should be taken for 24 hours after the appointment (including alcohol, caffeine, cola, nicotine, or recreational drugs).
9. Patient may seem alert when he/she leaves. This may be misleading so do not leave the patient alone.
10. Always hold patient's arm when walking.
11. Patient should not be caring for infants or young children until the next day after the sedation appointment.
12. Drive directly home & call the office when you arrive at home and the patient is comfortable and safe. Office phone number is (619) 216-2121.
13. Please follow post operative instructions and take medication as prescribed by your dentist.
14. Do not hesitate to call our office if there are any questions or concerns.
15. If you feel that your symptoms warrant a physician and you are unable to reach us, go to the closest emergency room immediately.