



Post-Operative Instructions Sedation / Anesthesia (Adult)

Patient Name: _____ Date of Birth: _____

For your safety, it is essential that you adhere to the following after care instructions:

- 1. Do not drive for 24 hours after sedation.
2. Do not operate any hazardous devices for 24 hours.
3. A responsible person should be with you (the patient) until you have fully recovered from the effects of the sedation.
4. You (the patient) should not go up and down the stairs unattended. Stay on the ground floor until fully recovered.
5. You (the patient) can eat whenever and whatever you want and you need to eat even if you do not want to do so.
6. You (the patient) needs to drink plenty of fluids as soon as possible. Patients who eat and drink plenty of fluids do the best and usually recuperate the quickest - most within 24 hours.
7. You (the patient) may sleep for a long time or may be alert when you leave our office. Caregivers should attend to both alert and sleepy patients in the same manner; don't trust him/her alone.
8. Caregiver should always hold patient's arm when walking.

Following most surgical procedures there may or may not be any pain, depending on your threshold for pain.

Because of the medications used for sedation, the following regimen is used on the day of treatment: You may take 2 acetaminophen (Tylenol) followed by 2 Ibuprofen (Advil) 3 hours later. Alternate these medications every 3 hours. (Example: Tylenol - 3 hours - Advil - 3 hours - Tylenol - 3 hours - Advil, etc.).

Taking these over-the-counter medications in this fashion is as potent as any narcotic because you still have the sedation medication in your system. Most people don't need other medication. If you do need pain medication the next day, use the prescription given to you, if you don't just call our office and we will call in the appropriate prescription for you. DO NOT SELF MEDICATE with any other medications (licit or illicit, including alcohol), as you may overdose and could die.

If you have any questions about these medications interacting with other medications you are presently taking, please call our office first, you physician and/or your pharmacist.

Should any situation arise, please call our office immediately at (281) 494- 2477 and call the person on call whose number will be on the message.

Patient Name and Signature: _____

Dentist or RDH Name and Signature: _____

Date: _____