



Post Sedation Instructions

Thank you for placing your trust in us to do your sedation dentistry. Sedation is a wonderful alternative to being fully awake during your treatment. We want to make sure that things go well after your visit, that you are well taken care of at home and that any questions about your sedation or your treatment are answered. The following are some guidelines and post-operative instructions for you (the patient) and your caregiver.

- 1) The patient cannot drive or operate any hazardous machinery for at least **24 hours**.
- 2) The caregiver should drive directly home and call our office (404) 255-2273 when reaching final destination, making sure the patient is safe and comfortable.
- 3) **A responsible person must be with the sedation patient until he/she has fully recovered from the effects of the sedation medication.**
- 4) The patient should not go up and down the stairs unattended and should try to avoid stairs altogether until recovered from the effects of the sedation medication. The caregiver is to always hold patient's arm when walking until recovered.
- 5) The patient may sleep for a long time or may be alert when he/she leaves. The caregiver is to attend to an alert or sleepy patient in the same manner. Do not trust him/her alone.
- 6) **The patient should drink plenty of fluids (water & juice).** The patient should not consume alcohol for at least 24 hours after sedation and after taking any pain medication. A softer diet is usually preferable. If the patient has had extractions please see separate post-operative instructions (given to caretaker day of treatment).
- 7) Following dental procedures there may be a need for pain medication. Non-narcotic medications (ibuprofen and Tylenol) used in combination will be as effective as a narcotic without the side effects such as nausea, dizziness, sleepiness, etc. If a narcotic has been prescribed, take only as directed. If you have any questions about these medications interacting with other medications you are taking call our office, your pharmacy, or your physician.
 - When taking ibuprofen and Tylenol in combination we recommend taking
 - 800mg ibuprofen every 6-8 hours. Do not exceed 3200 mg in 24 hours. If gastrointestinal complaints occur, administer tablets with meals or milk.
 - Tylenol (New FDA Guidelines): No more than 325mg in a single dose. Take 2 Regular strength Tylenol every 4-6 hours. Do not exceed 10 tablets in 24 hours.

Please call our office if you have any questions or difficulties. If you feel that the symptoms warrant a physician and you are unable to reach us, go to the nearest emergency room immediately.