

Sedation Post-Op Instructions

- Go home and rest the remainder of the day. Do not perform any strenuous activity.
- Do not attempt to eat a heavy meal immediately. If you are hungry, consider a light snack (clear liquids, soft toast, pudding, apple sauce, cottage cheese, warm soup, mashed potatoes, scrambled egg) for the next few hours. On occasion you may become drowsy after the first meal.
- For your safety, someone should be available, care for you, and watch you closely for the next 4 hours after your dental surgery.
- If sleeping, lie only on your side or stomach for at least the next six hours after surgery.
- Do not ingest any alcoholic beverages while taking any medications prescribed by your dentist, or take any depressant medications unknown to your dentist.
- Do not operate a motor vehicle or operate complex and/or heavy machinery for at least 24 hours after your anesthetic and surgery as your responses will be dulled or slowed considerably.
- If nausea develops, avoid taking narcotic (pain) medication, and consider:
 - lying down for a while
 - a cool damp cloth on your forehead
 - a glass of cool beverage such as 7-Up, Sprite, or Ginger Ale
- Important decision-making should be delayed for at least 48 hours after your anesthetic and surgery.

If you have any problems or questions regarding your anesthetic and/or surgery, call us at (336)-(226)-0855.