



## POST-OPERATIVE INSTRUCTIONS SEDATION PATIENTS

1. Patients cannot drive until the morning after sedation.
2. Patients should not operate any hazardous devices or conduct any type of business until the morning after sedation.
3. A responsible person should be with the patient until he/she has fully recovered from the effects of the sedation, usually about 4 hours.
4. Patients should not go up and down stairs unattended but stay on the ground floor until fully recovered from sedation.
5. Patients can eat whenever they feel ready when the numbness from the local anesthetic has worn off (to avoid biting their cheek, lip or tongue). It is important to eat soon after leaving the office within 1-2 hours. A soft diet is recommended for the first 24 hours.
6. Patients need to drink plenty of fluids after sedation. Begin with small sips. Do not drink alcohol or caffeinated beverages until the following day.
7. Some patients may sleep for a long time after sedation while others may be alert when they leave the office. Both patient responses require someone to attend to the patient in the same manner. **DO NOT LEAVE THE PATIENT ALONE.** Have patients sleep in a reclined or horizontal position.
8. Always hold and support the patient's arm when walking with them.
9. Do not allow the patient to use the restroom unattended. Both men and women patients should sit while using the restroom until the sedation effects have fully worn off. This is for their safety to avoid falling.
10. Following many surgical procedures, there may or may not be pain depending on each patient's pain threshold. They will be prescribed with the appropriate medication for pain and discomfort which is usually a non-narcotic regimen. If a narcotic is prescribed, the patient may need assistance in following the directions carefully.