



Patient Instructions Following IV Sedation

1. Notify your dentist immediately of any changes, even minor, in your physical condition, such as a cold, nausea, bleeding, etc.
2. Perform your usual bathing routine.
3. Go home and rest the remainder of the day. Do not perform any strenuous activity.
4. Ask us any questions or call us with any concerns that you may have at any time.
5. *Do not attempt to eat a heavy meal immediately. If you are hungry, consider a light snack (clear liquids, 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.*
6. For your safety, someone should be available, care for you, and watch you closely for the next 24 hours after your dental surgery.
7. If sleeping, lie only on your side or stomach for at least the next six hours after surgery.
8. Do not ingest any alcoholic beverages while taking any medications prescribed by your dentist, or take any depressant medications unknown to your dentist.
9. 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.
10. 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, except if you have had any dental extractions.
11. Important decision-making should be delayed for at least 48 hours after your anesthetic and surgery.
12. Follow your doctor's instructions and return to see him as directed.
13. If you have any problems or questions regarding your anesthetic and/or surgery, call the office at (503) 474-9888 or Dr. Graser at (941) 223-3332.

DO's and DON'Ts After Anesthesia

DON'T operate a motor vehicle for at least 24 hours.

- **Your responses will be dulled or slowed considerably.**

DON'T go up and down stairs unattended.

- **Try to stay on the first floor until recovered. Always hold on to someone's arm as you may have balance problems due to the sedative medications.**

DON'T operate complex equipment or machinery for at least 24 hours.

- **The same logic applies to driving a car similarly applies to the operation of other equipment. This includes equipment used at home, such as a lawnmower, as well as that which is used on the job, such as a forklift truck.**

DON'T make any important decisions or sign any legal documents for at least 48 hours.

- **The potential for impairment relates not only to physical activities but to your mental state also. More over, the anxiety that frequently accompanies important decisions is to be avoided. The day should be spent resting.**

DON'T take any medications unless prescribed by or discussed with your dentist.

- **Some medications may adversely interact with anesthetic drugs or chemicals remaining in your body. Included are prescription drugs, such as sleeping pills or tranquilizers, and over-the-counter medications, such as aspirin.**

DON'T attempt to eat a heavy meal immediately.

DON'T drink alcohol for at least 24 hours.

- **Alcohol is also considered a drug, meaning that an alcoholic drink has the potential to negatively react with the anesthetic in your system. This includes hard liquor, beer, and wine.**

DO leave the health care facility accompanied by a responsible adult.

- ***This person will ensure that you travel home safely, as well as provide immediate care at home. You should continue to have this adult with you for 24 hours after surgery.***

DO remain quietly at home for the day and rest.

- ***You need rest both because you have received anesthesia, and because you have undergone a surgical procedure, even one that is considered minor. If after a day you still do not feel recovered, you may want to continue your rest for a day or two. Discuss your planned return to work with your dentist.***

DO arrange for someone to care for your small children for the day

- **Even if given instructions to play peacefully and not overtax your children sometimes forget such directions or have trouble staying quiet for an entire day. The most predictable course of action is to leave small children and babies in the care of another responsible individual.**

DO take liquids first and slowly progress to a light meal.

- **Heavy foods can be difficult for your system to digest, thereby increasing the chance for discomfort. For your nourishment, start by taking liquids, and then eat light foods, such as broth or soup, jello, apple sauce, cottage cheese, or yogurt.**

DO drink a lot of water or clear liquids.

DO call Dr. Graser, or your physician, if you have any questions.