

**Oral Conscious Sedation Post-Operative Instructions & Information**  
**for both the Patient & their Responsible Adult**

The patient is legally impaired for 24 hours following their sedation appointment. Sedation impairs coordination and judgement, even if you feel "fine". Therefore, for the next 24 hours:

**1. Restrict Activities**

- Except to pick up any prescribed medications, please go home directly from the office and rest. You may seem alert and normal, but this is misleading. The effects of the medication can last for several hours after the appointment has ended. Social activity, like going to the mall or seeing friends should be avoided.
- When lying down, keep your head elevated.
- Emotional behavior (e.g.) crying after awakening is very common; do not be alarmed. This normal side effect of sedation is only temporary and has no long lasting effects.
- Be careful going from the lying down position to standing. You were not able to eat or drink prior to surgery, and the sedation and pain medications can make you dizzy. If you are lying down following surgery, sit for one minute before standing up.

**2. Do Not Leave Unattended**

- A responsible adult person should be with you, the patient, until you have fully recovered from the effects of the sedation.

**3. Impaired Judgement and Coordination**

- Do not drive a motor vehicle or any hazardous devices/machinery as the medication can impair judgement and coordination.
- Do not make any important business decisions, sign any legal documents, or make any other binding decisions.

**4. Getting Around the House**

- Always hold patient's arm when walking as they may have problems with balance while under the effects of the sedative medications.
- Patient should not go up or down stairs unattended. Whenever possible, have the patient stay on one floor until recovered.

**5. Eating and Drinking**

- Because you have not had anything to eat or drink for 6-8 hours prior to surgery, you are calorie depleted and dehydrated. You should drink 'sugary' liquids (juice, flat pop, milkshakes) when you return home. This will help you regain your energy more quickly and treat the dehydration. At least 5 to 6 glasses of liquid should be taken daily for the first few days.
- Eat bland, soft foods (soup, pasta, rice) if possible. Heavy foods and fatty foods on an empty stomach sometimes causes nausea and vomiting and should be avoided if possible. Try to resume a normal diet as soon as possible.
- Avoid any other sedatives, alcohol and recreational drugs during this time. They have the ability to interact with medications remaining in the system, which can cause a severe reaction and harmful result. If you have a prescription for sedatives that you take regularly, please discuss this with me before taking them.

**Questions/Concerns**

Your case is individual. No two individuals are alike. It is my desire that your recovery be as smooth and easy as possible. If you have any questions about your progress or any symptoms you are experiencing, please call the office at (\_\_\_\_\_) or me directly, anytime, if you have any questions or concerns. If you feel that your symptoms warrant a physician and you are unable to reach one of us, go to nearest Emergency Room immediately.

It is important that you please contact our office AND Dr. Specht in the event of any of the following:

- Any unexpected admission to a hospital within 10 days of treatment at the dental office
- Any transfer to the care of a Non-Hospital Surgical Facility, Dental Surgical Facility, medical facility of hospital within 10 days of the sedation for emergency treatment
- Any unexpected treatment by another care provider, a Non-Hospital Surgical Facility, Dental Surgical Facility, medical facility or hospital within 10 days of the sedation procedure