

AFTER-CARE INSTRUCTIONS FOR THE SEDATED 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:

Restrict Activities

- Please go home directly from the office and rest. The patient may seem alert and normal, but this is misleading. The effects of the sedation can last for several hours after the appointment. Social activity, like going to the mall or seeing friends must be avoided.
- Resting is key to your successful recovery. 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 temporary and has no lasting effects.
- Be careful going from the lying down to standing, as you may get dizzy. Sit for one minute before standing up.

Do Not Leave Unattended

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

Impaired Judgement and Coordination

- Do not drive a motor vehicles or bikes 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.

Getting Around the House

- Hold the patient’s arm when walking as they may have problems with balance.
- Patient should not go up or down stairs unattended.

Eating and Drinking

- Drink plenty 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) if possible. Avoid eating heavy/foods on an empty stomach as it can lead to nausea and vomiting. You can resume a normal diet as soon as you feel able.
- Avoid any other sedatives, alcohol and recreational drugs during this time. They can 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 us before taking them.

Questions/Concerns

Your case is individual, and no two individuals are alike. It is our desire that your recovery be as smooth and easy as possible. If you have any questions, please call the office or Dr. Specht’s team, anytime. 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 the following:

- **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.**

Responsible Adult Signature: _____ Date: _____ Witness Signature: _____