

Post Op Instructions: Sedation

For the next 24 hours:

- **Your appointed caregiver must stay with you.** You may “seem fine” but you may not be aware of what you are saying and doing. After sedation, your judgement will be poor. People have wandered off, gotten into vehicle accidents, started house fires etc.. It can be very dangerous to leave a sedated person home alone.
 - Rest for the remainder of the day.
 - Don't perform any hazardous activities.
 - **Do not drive** a vehicle or bicycle, or operate heavy machinery.
 - Do not engage in tasks that require your responsibility, such as watching small children by yourself.
 - Eat only light foods. Examples are: Jello, apple juice, bland soup, Gatorade, gingerale, toast, apple sauce, bananas, plain rice etc...
 - Avoid dairy products and citrus fruits
 - If you experience nausea, lie down for a while. If the symptoms are intense contact Dr. Vivona.
 - **Do not smoke, drink alcohol, use marijuana, take sedatives, take prescription pain pills or take any illicit drugs.** You are still under the effects of the sedation, even if you feel and seem normal. Alcohol or other medicines may deepen your sedation and cause you to lose consciousness or stop breathing. This can be life-threatening. The dentist will tell you when you may take your pain pills, if prescribed.
- Eugene Dental Group
DENTISTRY BY DESIGN
- Take your regularly prescribed medications and those medications prescribed by your dentist. Do not take any other medications that you don't normally take.
 - If you have any unusual symptoms or feel discomfort, call us. If unable to contact us, call your regular doctor, go to Urgent Care, or if you have a life-threatening emergency, call 911.