



Instructions Following Surgery with Sedation

The after-effects of sedation are often predictable but may vary slightly between individuals. Following treatment, and after your discharge home with a responsible guardian, it is likely that you will not remember the actual dental procedure, time spent in the recovery room and often your trip home. It is absolutely normal to feel a little groggy and tired after sedation. It often takes 12 to 24 hours to feel completely normal.

- Restrict your activities the day of surgery. Return home immediately following discharge from the office. Sedative effects vary by individual and you may feel drowsy for a period of time following surgery. You should rest and lie down with your head elevated as much as possible the first day.
- Because you have not had anything to eat or drink for 6 hours prior to surgery you are calorie depleted and dehydrated. Drinking 'sugary' liquids (juice, flat pop, milkshakes) when you return home. This will help you regain your energy more quickly and treat your dehydration. At least 5 to 6 glasses of liquid should be taken daily for the first few days. Also, 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 alcohol and any illicit drugs. These medicaments have the ability to interact with medications remaining in the system, following the sedation, which can cause a severe reaction and harmful result.
- Patients should not drive a vehicle, operate dangerous equipment or make any important decisions for at least 24 hours after receiving intravenous sedation. 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 403-936-8432 during the regular office hours. If you are experiencing any symptoms you feel are the emergent please proceed to your nearest hospital.