



POST ANESTHESIA INSTRUCTIONS

The patient may experience any of the following:

- Dizziness and/or lack of coordination
- Occasional irritability throughout the day
- Poor appetite for a few hours
- Nausea and/or vomiting

Traveling home:

- The patient should be placed in an appropriate seat belt or car seat restraint in the back seat. If possible, a responsible family member should sit beside the patient. If not possible please check on the patient periodically, but only when safe to do so.
- Go straight home. Do not stop to complete errands or go shopping.

Rest and activity:

- Please allow the patient to rest at home. Do not return to work or school.
- Supervision by a responsible adult for the remainder of the day is mandatory.
- **Avoid the following:** *alcohol, smoking, cooking, physically strenuous activities, operating a motor vehicle, signing any important documents, or making important decisions for at least 24 hours and until fully recovered.*

Drinking and eating:

- Do NOT feed the patient until he/she is awake.
- Begin with clear, "pulp-free" liquids such as water, apple juice, Jello, popsicles, or "sports" drinks.
- The patient may begin eating semi-solids such as soup, rice, noodles and scrambled eggs if the patient is hungry and ONLY if they have tolerated clear liquids.

Treating pain and fever:

- Alternate the appropriate dose of ibuprofen with acetaminophen per the doctor's orders.
- All other post-op medications will be discussed by your surgical team.
- Resuming taking all regularly prescribed meds as prescribed, unless instructed otherwise.
- Sore throat, difficulty in opening the mouth or ear pain sometimes occur after dental treatment under sedation. These should begin to gradually disappear in two or four days.

When to call the doctor:

- Breathing problems, repeated vomiting, prolonged weakness
- If you are unable to reach one of our doctors and you feel that you have a true emergency, call 9-1-1 .

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