



Post-Operative Instructions - Sedation

Please adhere to the following instructions

- AS SOON AS YOU ARE ABLE TO, FLUID INTAKE IS HIGHLY ENCOURAGED. Start with clear liquids such as water, Gatorade, fruit juice or popsicles and then advance to a soft diet as tolerated. No hot liquids or food as this may cause bleeding.
- IF VOMITING OCCURS, DO NOT BE ALARMED, THIS IS NORMAL. Allow your stomach to relax for 1 hour without any fluid intake then resume fluid intake slowly starting with water.
- NO ALCOHOL AND NO SMOKING FOR AT LEAST THE FIRST 24 HOURS.
- REST. DO NOT DRIVE, OPERATE MACHINERY, OR ENGAGE IN ANY MODERATE TO HEAVY PHYSICAL ACTIVITY FOR AT LEAST 12 HOURS. In general, it is important to rest and limit your activity for the first 24 hours. It is recommended that you elevate your head when lying down. Additionally, sedation can impair your judgement so no critical decisions should NOT be made until the effects of the medication have fully subsided.
- SLEEPINESS IS NORMAL. The duration of this sleepy feeling varies depending on the person and the level of sedation and duration the person was under. A responsible person should be in charge of monitoring you to make sure your airway is always open, to make sure you don't fall off the bed and to wake you up every 1-2 hours for the first 4-6 hours following anesthesia. You should also rest in reclined position on your side with a pillow to support your back in case vomiting occurs.
- TAKE MEDICATION as instructed by the doctor. Nausea, muscle aches, achy jaw, a mild fever (less than 101.5 degrees) and mild pain are normal after anesthesia and should resolved on their own in 24-48 hours. To reduce fever, use Tylenol as directed by manufacturer and drink plenty of fluids.

PLEASE CALL 911 IMMEDIATELY IF UNRESPONSIVE OR THE PATIENT HAS DIFFICULTY BREATHING!



Please call our office if:

- If vomiting persists beyond 4 hours.
- If you have a temperature above 101.5 degrees that you are unable to reduce with Tylenol.
- If you have an allergic reaction to any medication taken.

(780)500-1001.