



## Moderate sedation: Post-Sedation patient instructions

*Following sedation, 24 hours may be required for the full effects of the drugs to wear off. During this period, it is essential that you follow these instructions.*

### DISCHARGE FROM OFFICE

- The patient must be discharged into the care of a responsible adult who can accompany him/her home.
- Arrangements should be made to have a responsible adult remain with the patient for the balance of the day and during the night.

### TRANSPORTATION FROM OFFICE

- Private automobile is preferred

### FOOD AND BEVERAGES

- Clear liquids are advised initially and, after that, diet as tolerated
- Do not drink alcohol in any form for 24 hours

### MEDICATIONS

- Resume normal medications as directed by physician after appointment.

### ACTIVITY RESTRICTIONS

- **Do NOT operate motor vehicles, boats, power tools or machinery for 24 hours, or longer if drowsiness or dizziness persists**
- Do not operate an aircraft for at least 48 hours following minimal or moderate sedation
- Do not sign or enter into any legal contract for at least 24 hours
- **The law considers the patient to be impaired for 24 hours following sedation.**

### PROBLEMS

- If you experience any acute pain, heavy bleeding from the surgical site, respiratory problems, or any other post-operative problem of concern please see your regular dentist or your family doctor, or go to the closest emergency department. Call our office at (250)787-1606 if you have any concerns.

### OTHER INSTRUCTIONS

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