



## **Oral Sedation Post Operative Instructions**

The sedative drugs used for dental treatment will cause drowsiness for several hours and significantly alter judgment and reflexes; it is important that the patient rest and remain under the supervision of an adult for the remainder of the day.

As the sedative drugs wear off, the patient may seem as if they are acting normally, but the effects of the medication can last up to 24 hours even if the patient states that they “feel normal.”

A sedated patient may experience any of the following:

Alertness one minute, then drowsiness/sleepiness the next minute;

sleepiness may last 4-8 hours

Dizziness and/or lack of coordination

Occasional irritability, mood swings, or hallucinations throughout the day

Poor appetite with nausea and/or vomiting

Sleep problems, including nightmares, inability to sleep, or fear of sleeping

**TRAVELING HOME:** Please go directly home from our office. The patient must be secured in a seat belt with the seat in a semi-reclined position.

**REST AND ACTIVITY:** Allow rest. The patient should sleep on their side. Avoid extra pillows and blankets. If sleeping for an extended period, wake the patient every 1-2 hours to drink water. Hold the patient's arm when walking.

**DRINKING AND EATING:** Once patient is able, encourage clear liquids such as water, apple juice, and Gatorade. Do not feed the patient until they are completely awake. If hungry - and only if the patient has been able to tolerate clear liquids - try giving soup, rice, noodles, smoothies, or scrambled eggs. If vomiting occurs, stop feeding for 30-60 minutes, and then resume clear fluids.

**PAIN, NAUSEA, AND FEVER:** Pain medications and/or antibiotics on an empty stomach are the main cause of nausea. Give Tylenol, Motrin, or Advil as directed, preferably before numbing wears off. Avoid Aspirin.

**FOR THE NEXT 24 HOURS:** Do not participate in outdoor activities such as swimming, cycling, gymnastics, etc. Do not climb and/or descend stairs. Do not drive or operate heavy machinery. Do not make important decisions or sign any important documents. Do not consume alcohol or milk products. Do not leave the patient unsupervised.