

Post-Sedation Instructions

DO's and DON'Ts After Anesthesia:

DON'T operate a motor vehicle for at least 24 hours.

Your responses will be dulled or slowed considerably.

DON'T go up and down stairs unattended.

Try to stay on the first floor until recovered. Always hold on to someone's arm as you may have balance problems due to the sedative medications.

DON'T operate complex equipment or machinery for at least 24 hours.

The same logic applies to driving a car similarly applies to the operation of other equipment. This includes equipment used at home, such as a lawnmower, as well as that which is used on the job, such as a forklift truck.

DON'T make any important decisions or sign any legal documents for the day.

The potential for impairment relates not only to physical activities but to your mental state also. Moreover, the anxiety that frequently accompanies important decisions is to be avoided. The day should be spent resting.

DON'T take any medications unless prescribed by or discussed with your dentist or CRNA.

Some medications may adversely interact with anesthetic drugs or chemicals remaining in your body. Included are prescription drugs, such as sleeping pills or tranquilizers, and over-the-counter medications, such as aspirin.

DON'T drink alcohol for at least 24 hours.

Alcohol is also considered a drug, meaning that an alcoholic drink has the potential to negatively react with the anesthetic in your system. This includes hard liquor, beer, and wine.

DO leave the health care facility accompanied by a responsible adult.

This person will ensure that you travel home safely, as well as provide immediate care at home. You should continue to have this adult with you for 24 hours after surgery.

DO remain quietly at home for the day and rest.

You need rest both because you have received anesthesia, and because you have undergone a surgical procedure, even one that is considered minor. If after a day you still do not feel recovered, you may want to continue your rest for a day or two. Discuss your planned return to work with your dentist or CRNA.

DO arrange for someone to care for your small children for the day

Even if given instructions to play peacefully and not overtax your children sometimes forget such directions or have trouble staying quiet for an entire day. The most predictable course of action is to leave small children and babies in the care of another responsible individual.

DO take liquids first and slowly progress to a light meal.

Heavy foods can be difficult for your system to digest, thereby increasing the chance for discomfort. For your nourishment, start by taking liquids, and then eat light foods, such as broth or soup, crackers or toast, plain rice, jello, and yogurt.

DO drink a lot of water.

DO call your dentist, your physician, C.R.N.A., if you have any questions.

These professionals are interested in your welfare and want your care to go as planned. If you have questions, or feel your recovery is not progressing to your satisfaction. Available 24 hours, seven days a week.

REMEMBER: Communication and cooperation are essential to the anesthesia process. Active participation in your care helps ensure your safety and comfort.