



Delaware Smile Center

Family Dentistry & Orthodontics

Sedation After-Care Instructions

MEDICATIONS/PRESCRIPTIONS:

- If an antibiotic is prescribed, take it until it is finished.
- All medications are to be taken as instructed by the doctor.
- Do not drive when taking pain medication.
- Take pain medication before the onset of discomfort.
- You must eat to prevent nausea and/or vomiting.
- If you develop a rash or itching, STOP taking all medications and call the office immediately.
- If you experience breathing problems, wheezing, swelling around eyes not related to surgery CALL 911!
- For patients utilizing birth control pills please be advised that if the doctor prescribed antibiotics, an alternative form of birth control must be utilized during that period of time.

ACTIVITY:

- Avoid excessive physical exertion during the first 24 hours following sedation. Be sure to get adequate sleep.

SEDATIVE AGENTS:

- There can be residual effects from the sedative agents lasting up to 12 hours. During this time your reflexes and judgment may be altered. **DO NOT** drive an automobile or operate any machinery the day of the surgery or while taking pain medications.
- You may experience light-headedness, dizziness, etc. Please do not try to walk without assistance for the next several hours following surgery.

EATING AND DRINKING:

- Drink plenty of COOL fluids following sedation, such as water and apple juice.
- Do not chew until after the local anesthetic has worn off as you may unknowingly bite your lips, cheeks or tongue.
- Start with a small meal and gradually resume your normal diet as long as there is no nausea.
- Food supplements such as Carnation Instant Breakfast, Enrich and Ensure are recommended and may be helpful.