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Post-Sedation Instructions

Following sedation, it takes 24 hours for the effects of the drugs to wear off. During this period, it is essential that you follow these instructions:

Discharge from office

- You must be discharged into the care of a responsible adult who can accompany you home
- Have a responsible adult remain with you for the remainder of the day; you may appear to be normal but the effects of the medication can last for several hours after the appointment has ended
- Avoid going up/down stairs: your companion should hold your arm while you are walking as your balance may be compromised

Transportation

- A responsible adult with a vested interest in your safety must accompany you home in a car or taxi (walking/public transit is not permitted)
- A taxi driver does not count as your escort

Food and Beverages

- Resume normal eating and drinking after the sedation appointment, unless otherwise instructed
- Drink plenty of water to prevent dehydration and the “hangover” of the sedation medication
- Do not drink alcohol in any form for 24 hours

Medications

- Resume taking your normal medications after appointment

Activity Restrictions

- Do not operate motor vehicles, boats, power tools or machinery for 24 hours or longer if drowsiness or dizziness persist
- 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

Problems

- If you experience high levels of pain, heavy bleeding from the surgical site or any other problems please notify the dental office.
- If you are in acute distress go to the nearest emergency room