



Post-Operative Instructions: Sedation

Please adhere to the following instructions to ensure a smooth and safe recovery:

Fluid and Food Intake

- **Fluid Intake:** As soon as you are able, fluid intake is highly encouraged. Start with clear liquids such as water, Gatorade, fruit juice, or popsicles. Gradually advance to a soft diet as tolerated. Avoid hot liquids or food as this may cause bleeding.
- **Vomiting:** If vomiting occurs, do not be alarmed; this is normal. Allow your stomach to relax for 1 hour without any fluid intake, then resume fluid intake slowly, starting with water.

Activity and Rest

- **No Alcohol or Smoking:** Avoid alcohol and smoking for at least the first 24 hours.
- **Rest:** Do not drive, operate machinery, or engage in any moderate to heavy physical activity for at least 12 hours. In general, it is important to rest and limit your activity for the first 24 hours. Elevate your head when lying down.
- **Judgment Impairment:** Sedation can impair your judgment, so avoid making critical decisions until the effects of the medication have fully subsided.

Sleepiness and Monitoring

- **Sleepiness:** Feeling sleepy is normal. The duration of this feeling varies depending on the person and the level of sedation. A responsible person should monitor you to ensure your airway is always open, prevent you from falling off the bed, and wake you up every 1-2 hours for the first 4-6 hours following anesthesia. Rest in a reclined position on your side with a pillow to support your back in case vomiting occurs.

Medication and Symptoms

- **Medication:** Take medication as instructed by the doctor. Nausea, muscle aches, an achy jaw, a mild fever (less than 101.5 degrees), and mild pain are normal after anesthesia and should resolve on their own within 24-48 hours. To reduce fever, use Tylenol as directed by the manufacturer and drink plenty of fluids.

Emergency Situations

- **Immediate Action:** Call 911 immediately if the patient is unresponsive or has difficulty breathing.



When to Call Our Office

Please call our office if:

- Vomiting persists beyond 4 hours.
- You have a temperature above 101.5 degrees that you are unable to reduce with Tylenol.
- You have an allergic reaction to any medication taken.

If you have any additional questions or concerns, please reach out to our office. We are here to support your recovery and ensure you have the information needed for a safe and effective healing process.