



Post op Instructions

INSTRUCTIONS FOR PATIENTS

AFTER HAVING SLEEP DENTISTRY

1. Expect to feel the effects of your anesthesia/sedation for about 24 hours.

Everyone is different in the way they metabolize medications. You will feel tired and “sleepy” for several hours. It is not uncommon for patients to sleep after their treatment.

2. The local anesthesia (long acting “novocain”) will last six to eight hours.

3. Be careful with your arm that had the intravenous line. (No heavy activity for a few days)

4. Take your pain medication by time as directed with a large glass of water.

(A major mistake patients make is to not take enough liquid when they take their pain medication.)

5. If prescribed, take your antibiotic as directed.

6. Resume taking your prescription medications on a regular basis.

7. Most patients state that their mouth feels dry and that they feel cold after anesthesia/sedation.

8. Have a responsible adult stay with you after your sedation/anesthesia.

Drinking and Eating:

9. Just drink liquids (not hot) for the first few hours until the effects of the local anesthesia are gone.

10. Wait until you are home to drink. (Drinking in a car may cause nausea)

11. Drink lots of liquids. (Do not use straws)

12. Avoid “hot” food and liquids until the effects of the local anesthesia are gone as you may burn/bite your lip or tongue.

Standing, Walking and the Bathroom: *“safety first!”*

13. When you stand you should have a responsible adult stand next to you. If you feel dizzy sit/lay back down. It is not unusual for patients to become dizzy and “feel” faint.

14. When you go to the bathroom have a responsible adult go with you.

Smoking & Alcohol Consumption: **NONE**

15. No smoking for at least 24 hours after Anesthesia/Sedation.

16. No alcohol consumption until the next day after anesthesia/sedation.

Note: The use of "street drugs" (Marijuana, cocaine, heroin, etc.) is strictly forbidden for several days prior to the administration of anesthesia/sedation and until full recovery is achieved. The reason for this restriction is for your safety. The mixture of "street drugs" and anesthetic agents has resulted in serious and sometimes fatal complications.

Driving and Making Important Decisions

17. Patients **must not drive, operate of dangerous machinery, or make important decisions** until fully recovered from your anesthesia/sedation.

Seek Advice:

18. If vomiting persists beyond four (4) hours.

19. If your temperature remains elevated beyond 24 hours.

If you have any questions call:

Dr. MacDonnell at (860) 561-1233

Dr. Sokolowski at (203) 804-8875

Dr. Han at (617)-992-0104

Or your dentist.

I have read, understand and agree to the above instructions.

Patient or legal guardian Signature

Date