



Patient Instructions: Following Conscious Sedation

The after-effects of sedation are often predictable but may vary slightly between individuals. Following treatment, and after your discharge home with a responsible guardian, it is likely that you will not remember the actual dental procedure, time spent in the recovery room and often your trip home. It is absolutely normal to feel a little groggy and tired after sedation. It often takes 12-24 hours to feel completely normal.

- Restrict your activities the day of surgery. Return home immediately following discharge from the office. Sedative effects vary by individual and you may feel drowsy for a period of time following surgery. Rest and lie down with your head elevated as much as possible that first day.
- Drinking liquids with electrolytes when you return home will help you regain your energy more quickly. At least 5-6 glasses of liquid should be taken daily for the first few days.
- Eat bland, soft foods if possible. Heavy and fatty foods on an empty stomach can cause nausea and vomiting and should be avoided if possible. Try to resume a normal diet as soon as possible.
- Suggested foods to eat after surgery: Soft, non-spicy foods such as yogurt, ice cream, pudding, Jell-O, pasta, mashed potatoes, scrambled eggs, soup, fruit smoothies, etc.
- Avoid alcohol and any illicit drugs. These medicaments have the ability to interact with medications remaining in your system following sedation, which can cause a severe reaction and/or harmful result.
- Patients should not drive a vehicle or heavy machinery or make any important decisions for at least 24 hours after receiving intravenous sedation.
- You should drink plenty of water post-operatively to prevent dehydration and to prevent the “hang-over” of sedation medications.

Call the office at 801-278-0458, if you have any questions or concerns. Dr. Black is available after hours and on weekends by calling the office and pressing 1 to be connected to his personal phone. If you feel that your symptoms warrant a physician and you are unable to reach us, go to the nearest emergency room immediately.