



POST-OP INSTRUCTIONS FOR SEDATION

After dental sedation, rest and recovery are crucial. Avoid driving, operating machinery, and making important decisions for at least 24 hours or until fully recovered. A responsible adult **MUST** accompany you home and supervise you until you are no longer affected by the sedation.

General Post-Operative Instructions:

Rest: Take it easy for the rest of the day and avoid strenuous activities.

Supervision: A responsible adult should stay with you until the effects of sedation have completely worn off.

Transportation: Do not drive or operate machinery for 24 hours.

Important Decisions: Avoid making important decisions or signing legal documents for 24 hours.

Hydration: Drink plenty of fluids to stay hydrated.

Pain Management: Follow your dentist's instructions for pain relief and medications.

Oral Hygiene: Be gentle when brushing and flossing, especially around the treated area.

Avoid: Do not smoke or use straws, and avoid alcohol.

Breathing: If you are sedated as a child, ensure they are breathing freely and not restricting their airway by lying on their back with their chin on their chest.

Numbing Agent: If you had a local anesthetic, avoid biting, chewing, or scratching numb areas to prevent injury.

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