



POST-ANESTHESIA INSTRUCTIONS (ADULT)

After your procedure: When your dental procedure is complete, the anesthesiologist will reverse the medications to wake you up. You may feel a bit groggy or sleepy when you first wake up and will need about 30 minutes for recovery until discharge is safe. During this time, the anesthesiologist will closely monitor recovery and post-operative issues like pain or nausea.

Transportation: Due to the lingering effects of anesthesia, all patients must have a responsible adult companion physically present in the office to escort you home. This person must remain at the office during the procedure and drive you home.

Food & Drinks: As soon as the patient is able, encourage fluid intake beginning with clear liquids (water, Gatorade, apple juice). Once clear liquids are tolerated, slowly allow the patient to try soft foods (applesauce, scrambled eggs, mashed potatoes). You may resume a normal diet when soft foods are tolerated well. Avoid dairy products and greasy food for the remainder of the day, as these may cause nausea.

Medicine: Continue medications as prescribed unless otherwise indicated by your doctor.

Health: Patient may experience a low-grade fever following anesthesia. Patient should stay indoors and remain in a cool, temperature-controlled area. Occasionally, nausea may occur following anesthesia. Anti-nausea medication was administered through the patient IV during the procedure. If the patient experiences nausea or vomiting after discharge, restrict diet to clear liquids (see above), until symptoms subside. **If patient is experiencing persistent nausea or vomiting, please contact the anesthesiologist.**

Intravenous Site (IV): You may experience some discomfort at the IV site following your procedure. Bruising or tenderness is normal and should subside shortly.

Breathing tube: The anesthesiologist will typically place a breathing tube through the right or left side of the nose for intubation. A small percentage of patients may experience redness or minor nose bleeds. You may also have a sore throat as a result of the breathing tube for up to three days following anesthesia.

Pain Control: It is not uncommon for patients to experience pain after a dental procedure. A pain medication was administered through the IV that is very similar to the drug Ibuprofen. This should last for four (4) hours following the visit. **Please refrain from giving any pain medication containing Ibuprofen (Motrin, Advil) for 4 hours following discharge.** Tylenol can be given immediately as needed for pain.

If the patient is experiencing persistent pain after taking recommended medications, please contact the dentist.

Patient Name

Signature

Date