

# Tuscany Dental Centre

## Post Sedation Instructions

- Go home and **rest** for the remainder of the day.
- A **light meal** should be adequate after sedation and be sure to drink plenty of water to **keep hydrated.**
- If a feeling of nausea develops after sedation lay down until the feeling passes.  
**Napping** is a good idea and helps to alleviate nausea.
- Patients need to have **a responsible adult** stay with them and monitor them for at least 12 hours or until the morning following their appointment.
- Drugs such as **Tylenol, Advil, or Motrin** are usually effective for mild pain and fever that may follow surgery and sedation.
- For the remainder of the day the sedation patient must not:
  - Return to work or perform strenuous activity
  - Drive a car or other vehicle (you are impaired even if you think you are fine)
  - Consume alcohol
  - Operate machinery including kitchen equipment
  - Climb heights like ladders or scaffolding.
  - Make important decisions (sign legal documents)

## Problems

**If you experience any unusual problems, please notify the office by calling 403-239-0010. In the unlikely event that you experience difficulty breathing, go to your local hospital emergency.**