

Post-Operative Instructions after Sedation

Your escort must escort you home and a responsible adult should remain with you for several hours. This individual should stay with you until you are sufficiently recovered to care for yourself, which in some cases, is very shortly after your appointment, but for others it can be much later the day, and your escort should be prepared accordingly. Should anything unforeseen occur, it may be necessary for you to return to our office or be admitted to the hospital for treatment and/or observation. Complications, however, are rare. Patients who are minors (persons under the age of 18 years) must be accompanied by a parent or legal guardian.

While we have thoroughly assessed your abilities before we discharged you from our office, some patients will feel some lingering drowsiness once they are at home and in a more relaxed setting. **If you decide to lay down to rest, it is advisable to stay somewhat upright (reclined, but do not lay completely flat) and to place a small pillow or rolled up towel behind your neck or under the top of your shoulders.** This keeps your chin tilted forward which will help you breathe easier as you rest. If you have been diagnosed with OSA (Obstructive Sleep Apnea) and/or use a CPAP machine (continuous positive airway pressure) when you sleep at home, it is advisable to use it if you lay down when you arrive home from your appointment. This helps give your body plenty of oxygen while it breaks down any small amount of the medications used that may still be present.

Remember, do not drive a car or attempt to operate heavy or dangerous machinery for the remainder of the day. Do not make any big decisions get in a position where you need judgment. No alcohol for the remainder of the day.

If there are any questions or concerns, please contact our office at the numbers listed at the top of the page. If you feel that you are having an emergency and you are unable to reach anyone at our office, call 911 or have someone take you to the Emergency Room.