



America Anesthesia Partners  
Office Number: (929) 269-4222  
Email: [info@aapsedation.com](mailto:info@aapsedation.com)  
Website: [aapsedation.com](http://aapsedation.com)

## POST-ANESTHESIA INSTRUCTIONS

Following these post-anesthesia instructions will help ease recovery and get the patient back to feeling like normal.

- 1) The chaperone for you or your child must drive the patient home and should remain with them until they are fully alert.
  - 2) The patient should relax and recover for the remainder of the day. It is normal to feel tired, groggy, and forgetful after sedation and anesthesia. With this said, the patient should not operate a motorized vehicle or heavy machinery during recovery or while taking any prescribed narcotic pain medications. The patient's judgment, coordination, and mental acuity will be impaired. Please avoid strenuous activity, sports, rough housing, and work until fully recovered. Take caution if there are stairs in the house.
  - 3) Patient may experience some discomfort during recovery such as tenderness around the IV or injection site, sore or scratchy throat, headache, and general muscle ache. These will subside quickly and are normal.
  - 4) The patient should **NOT** drink alcohol for 48 hours.
  - 5) Do **NOT** use any drugs or medications not specifically prescribed to you without first consulting your doctors.
  - 6) Local anesthesia given during the procedure will last several hours. Avoid hard foods until this numbness wears off as the patient may bite their lip. It is beneficial to take any prescribed pain medications before the local anesthesia wears off. Follow the surgeon's instructions for follow-up care after dental treatment is completed.
  - 7) Advance the patient's diet as able to tolerate. It is best to start with clear liquids such as apple juice or Sprite. If nausea develops during recovery, go back to clear liquids or bland foods, such as crackers. If tolerated, slowly introduce foods again. Remember to drink plenty of fluids while recovering to keep hydrated.
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8) Lips may be swollen. Put lip balm on lips, especially corners of the mouth, for the next 3-4 days.

9) A Motrin alternative, Toradol, may be administered for patient comfort. Tylenol may be given after the appointment if pain medication is needed, and if there are no contraindications.

**If vomiting persists over 2 hours, for fevers lasting more than 24 hours post-anesthesia, or if the IV site becomes red, hot, and tender, call or text Dr. Ebrahimi's cell at 818-800-2221 immediately. Call us if you have any concerns or questions regarding your anesthesia, *anytime*, day or night.**