



RIVER RANCH
DENTAL

Post-Operative Instructions for Conscious Sedation

When anesthesia has been used, your lips, teeth, and tongue may be numb for several hours after the appointment. Avoid any chewing until the numbness has completely worn off. It is easy to bite or burn your tongue or lip while numb. It is recommended that you take some ibuprofen (Motrin or Advil, 1-2 tablets every 4-6 hours as needed) before the anesthetic completely wears off. This will help with any swelling or pain at the injection sites where your anesthetic was administered. It will also help diminish any swelling in the nerve that may be existent (swelling often occurs in the nerve after cleaning out decay from the tooth).

Post Operative Instruction specific to Conscious Sedation

- Go home and rest for the remainder of the day
- Do not perform any strenuous activities
- Do not attempt to eat a heavy meal immediately. If you are hungry, a light diet (liquids and toast should be adequate. Be sure to drink plenty of fluids to keep hydrated.
- A feeling of nausea may occasionally develop after sedation. Lay down until you feel better.
- Do not drive a motor vehicle or perform any hazardous tasks for the remainder of the day (even if you think you feel fine).
- Do not consume alcoholic beverages for 48 hours following dental treatment.
- Patients will need assistance by a responsible adult with walking and using the restroom.
- Patients shall have a responsible adult stay with them and monitor them for at least 12 hours or until they recover the morning following their appointment.
- Drugs such as Tylenol, Advil, or Motrin are usually effective for mild pain and fever that may follow your surgery and anesthesia.
- If you have any unusual problems you may call the office telephone number at 469-336-5015.