



## POST-SEDATION INSTRUCTIONS

1. Go home and rest for the remainder of the day.
2. Do not perform any strenuous activity. Remain in the company of a responsible adult until you are fully alert.
3. Refrain from attempting to immediately eat a heavy meal. If you are hungry, a light diet (liquids or soft foods) is best.
4. Do not drive a car or perform any hazardous tasks for the remainder of the day.
5. Refrain from drinking alcohol or taking sedative medications for 12 hours after the procedure.
6. A feeling of nausea may occasionally develop after IV or IM sedation. The following may help you feel better:
  - Lying down with your head elevated
  - Drinking a glass of carbonated beverage (cola or 7-Up)

Please contact our office if nausea persists for more than 4 hours for adults or 1 hour for children. Should nausea progress to vomiting, do not lay on your back, as that increases your chance of aspiration.

7. If you have an emergency or questions, call our office at **(704) 365-0123**. There is a dentist on call at all times.
8. In the event of a life-threatening emergency (difficulty breathing or loss of consciousness), please call 911 immediately.