



Cosmetic and Family Dentistry
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Post-Anesthesia Instructions

1. Your Dentist may prescribe pain medications to minimize or eliminate any post-treatment discomfort. These may be taken as directed. Any other medications may be taken as directed.
2. If the patient is taking any prescribed medications (such as blood pressure, heart, or seizure medication, etc.), these should be resumed on the normal schedule unless instructed otherwise.
3. The patient should be in a lying position for the ride home., The patient should remain down for the remainder of the day, the only exception is to go to the restroom. The patient must have someone accompany him/her into the restroom in the event he/she feels dizzy or loses his/her balance. **Excessive motion, even sitting up, may cause dizziness and/ or nausea.**
4. It is important to make the patient drink fluids approximately every 30 minutes for the first three hours. If the patient is sleeping, he/she should be woken up at these intervals. Large amounts of liquids (especially those with substantial calories such as juice, soup, milkshakes, protein drinks, Slim-Fast, Gatorade, etc.) are encouraged for the first 48 hours, in addition to other food. Nausea may occur infrequently after the procedure. If this does, keep the patient lying down, wait a short time (i.e. 15 minutes) and give more fluids. In some instances, soda (i.e. Sprite or 7UP) may be given if allowed by the dentist. Solid food may be given as desired. **If nausea persists, please contact me so appropriate management can be instituted.**
5. Patients should get plenty of rest the first 24 hours. There should be no outside activity for the remainder of the day. After that time, activity may be resumed based upon the surgery and other post-treatment consideration. No operating machinery or potentially dangerous toys (i.e. bicycles, scooters, etc.) for 24 hours. Additionally, no alcoholic beverages are to be consumed for at least 24 hours or while taking pain medicine.
6. A small percentage of patients may experience post-treatment tenderness and/or redness in the area of the intravenous site due to a chemical phlebitis. To reduce this possibility, patients should keep the arm that had the intravenous infusion elevated and apply moist heat, which should be started at the first sign of discomfort, and anti-inflammatory medicine may be prescribed. (Or an over-the counter anti-inflammatory such as Advil or Motrin may be taken.) Phlebitis may occur several days to weeks after the procedure. It may manifest itself as merely discomfort or may exhibit firmness of the vessel, red-streaking, small lumps, bruising, or other characteristics. **Again, please call me if any unusual characteristics at or around the intravenous site develop.**

If at any time there are any questions or concerns, do not hesitate to call. I want to make the patient's recovery as easy and quick as possible.

I have read and understand these instructions. _____
(Signature of patient or guardian)