

After Sedation Instructions

Initial Below:

- ___ 1. **Patient is to be taken directly home after surgery** and cannot drive for 24 hours after sedation
- ___ 2. Patient cannot operate any hazardous devices for 24 hours
- ___ 3. A responsible person should be with the patient until he/she is fully recovered from the effects of the sedation.
- ___ 4. Patient should not go up or down stairs unattended. Let the patients stay on the ground floor until sedation wears off.
- ___ 5. Patient can eat whatever and whenever he/she wants as per the surgery instructions.
- ___ 6. Patients need to drink plenty of fluids as soon as possible. **Hydration is really important! Do not drink any alcohol for 24 hours after sedation.**
- ___ 7. Patient may sleep for a long time or may be alert when he/she leaves. Attend to both alert and sleepy patients in the same manner. Do not trust him/her alone.
- ___ 8. Always hold patient's arm when walking
- ___ 9. Call us if you have any questions or difficulties. If you feel that symptoms warrant a physician and you are unable to reach us, go to the closest emergency room immediately.
- ___ 10. Patient should not carry, sleep next to or be left alone with young children or the elderly for a period of no less than 24 hours after the last dosage of the medication.
- ___ 11. **Patient is to be taken directly home after surgery** and caregiver will call the office after arriving at the patient's home.

Discomfort after surgical procedures will vary depending on ones' threshold for pain. In most cases, a non-narcotic pain combination will be given consisting of Acetaminophen (Tylenol) and Ibuprofen (Advil). These two medications **taken together** will be as effective as a narcotic without any of the side effects of the associated narcotics. If a narcotic has been prescribed for you, follow the directions carefully. If you have any questions about these medications interacting with the other medications you are presently taking, please call our office first, your physician and/or pharmacist.

Medications: Take only when checked:

- ___ Tylenol (Acetaminophen) – Take two every 4 hours, not exceeding 8 in 24 hours
- ___ Advil (Ibuprofen) – Take two every 4 hours, not exceeding 2400 mg in 24 hours
- ___ Advil (ibuprofen) – Take three every 6 hours, not exceeding 2400 mg in 24 hours

Companions Name: _____ Phone Number: _____

Relationship to Patient: _____