



## Post-Anesthesia Instructions (Aftercare)

### Activity

- It is normal to be very sleepy afterwards. Plan to rest at home for the first few hours. Motor coordination may be impaired afterwards. Avoid physical activity
- No exercise, strenuous activity, or outside play for the remainder of the day No driving or operating machinery
- No cooking in order to avoid burn injury
- Do NOT make any important life decisions, investments, or sign documents
- NO Alcohol or illegal medications, be careful taking sedative prescription medications

### Eating and Drinking

- Start with clear liquids such as: water, apple juice, gatorade, jello, or popsicles Avoid foods high in fat and dairy as first solid foods
- If tolerating clear liquids, progress to soft bland foods such as: applesauce, soup, mashed potatoes, pasta, rice, eggs, fruits
- If no issues with nausea or vomiting after soft bland foods, eat as comfort allows

### Post-Operative Pain and Discomfort

- It is normal to have post-operative discomfort after dental surgery including: sore throat, fever, soft tissue discomfort around the gums, and dental related pain
- Dental pain is well controlled with the combination of over the counter pain medications (ibuprofen/motrin, acetaminophen/tylenol).
- Resume taking prescription medications as normal

Acetaminophen/Tylenol \_\_\_\_\_

Ibuprofen/Motrin \_\_\_\_\_

**If you are experiencing a true medical emergency after discharge call 911 immediately.**

Feel free to reach out to your anesthesiologist for any questions or concerns afterwards, we are here for you and can be reached at 919-818-4474 or [info@luxesedation.com](mailto:info@luxesedation.com).