



Dr. Robert King, DDS  
Dr. Amber DeWeerd, DDS  
Dr. Niels Oestervemb, DDS, MsC, ABGD, FAGD

## **Post-Operative Advice and Restrictions for Patients who Have Received Intravenous Sedation or Oral Sedation**

TO BE READ CAREFULLY BY THE PATIENT, PARENT, AND/OR GUARDIAN

Following intravenous sedation, it takes 24 to 36 hours for the full effect of the drugs to wear off. It is essential that you follow these instructions:

1. YOU MUST be accompanied home by a responsible adult, who may either drive you home by car, or take you home by taxi. You may not use public transportation. You must also have a responsible adult be with the patient for the rest of the day and night following the sedation.
2. You may feel a little sleepy when you get home. YOU MUST remain quietly resting at home for the remainder of the day. YOU MUST, if you feel dizzy, lie flat until the dizziness is gone. When you get home lie down and take it easy for the rest of the day. It is important that when you go to get up from lying down, please go from lying down to sitting up and then standing. This will help to regulate your blood pressure. Sometimes if you get up too fast without regulating your blood pressure you can faint. Elevate your head on 2 pillows while lying down. This will help with swelling. The swelling will peak on the 3rd day after surgery. This is normal. For the first 24 hours use an ice pack on both sides of the face. 20 Minutes on 20 Minutes off all day long. After 24 hours use warm moist heat. Take a washcloth and run it under hot water and ring it out. Place it again on each side of the face and gently massage the jaw joint (by the ear) in a circular motion to help reduce the edema in the area.
3. Once home, a soft diet is best for the next 3 days. Soft diet includes soups (although be careful when eating soup directly after surgery. You are NUMB and can burn the inside of the mouth), mashed potatoes, Jell-O, puddings, smoothies, protein shakes (DO NOT USE STRAWS) and yogurts. Avoid anything crunchy like chips, peanuts and popcorn (these things can get caught in the sockets, can irritate the area or cut the sutures).
4. Take all medications as directed and make sure you have something in your stomach before you take the pain medication. Nausea can occur after the procedure so it is important that you eat to avoid having that. If nausea is persistent or vomiting occurs please contact the office. It is important to take the pain medication before the numbness wears off so as to stay ahead of the discomfort. We also recommend CLEAR FLUIDS only, to help reduce this problem, if it happens. ( e.g. apple juice, warm ginger ale ). Resume taking any other medications as prescribed by your medical doctors as usual unless your medical doctor otherwise advised you. If you have any questions regarding medications prescribed by your medical doctor please check with him/her.



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5. YOU MUST NOT consume any alcoholic beverages for 48 hours after your sedation. Also YOU MUST NOT consume any drugs affecting the nervous system for 24 hours. (for example, any drugs that make you drowsy) unless directed by our medical doctor.

6. YOU MUST NOT operate any motor vehicle, boat, power tools, or machinery for 24 hours after your sedation. And YOU MUST NOT operate an aircraft for 4 days after your sedation or sign or enter into any legal contract for 24 hours after your sedation.

7. You may occasionally have a lump or sore area where the intravenous was placed. This is due to irritation in the vein, from the medications used. This can be relieved with a hot moist face cloth, applied over the area. If this happens, please contact Dr. Oestervemb.

8. There should be no rinsing or spitting for the first 4 days following surgery. Also please DO NOT SMOKE for one week following surgery. A blood clot needs to form in the socket areas and if there is any kind of disruption a dry socket can occur. A dry socket can occur after 3 days following surgery. If the blood clot breaks down then the socket is no longer insulated thus causing a throbbing sensation in the areas of the extractions. You will know if you have a dry socket if the pain is not dulled or taken away by the pain medication. If this occurs please call the office immediately and we will place a medicated gauze strip in there to help with the discomfort.

9. IF you leave here with gauze in the mouth they will be placed them directly over the extraction sites to help reduce bleeding. We will also give you extra gauze to take home and use. Every 15-20 minutes take the gauze out and replace it with new gauze. If the gauze is very red and saturated then replace with new ones. If the gauze is slightly red and more pink or white then it's time to discontinue using the gauze. If you try to use the gauze and end the bleeding completely you will cause further bleeding and break down of the blood clot that needs to form. If after an hour of replacing the gauze you find the mouth is filling up with blood then try a tea bag steeped in warm water and place those over the extraction sites. Please use Black Tea bags, the tannins in the tea help to clot the blood. If you have any questions please call the office.

10. Please avoid brushing your teeth the day of the procedure. It is ok to begin brushing the day after but please avoid the extraction sites. You will have sutures in that area but we don't want to prematurely pull them out.



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If you have any questions or problems regarding your sedation, please do not hesitate to contact the office or Dr. Oestervemb IMMEDIATELY. We are available 24 hours a day after your appointment. . If it is a medical emergency or if in doubt call 911.

OFFICE NUMBER: (540)-450-2100 (the answering machine after hours will give you a 24/7 number to call)