

Ridgepoint Dental

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 medications, 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 (lying or reclining) 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 balance. **Excessive motion (or sitting up) may cause dizziness and/or nausea. If the patient feels dizzy or especially faint, have them lie down immediately.**
4. It is important to make the patient drink fluids **with calories** 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 fluids (especially those with substantial calories such as juice, soup, milkshakes, protein drinks, Slim-Fast, Gatorade, etc.) are encouraged the first 48 hours, in addition to other food. Nausea occurs infrequently. 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 7 UP) may be given **if allowed by dentist. 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 activities for the remainder of the day. After that time, activity may be resumed based upon the surgery and other post-treatment considerations. A small percentage of patients may feel tired after the first day. This is generally due to inadequate fluid and nourishment intake. No operation machinery (cars, lawnmowers, etc.) or potentially dangerous toys (bicycles, scooters, etc.) for 24 hours. Additionally, no alcoholic beverages are to be consumed for at least 24 hours or while taking pain medicine.

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

Dr.Sweeta Walia
(214) 862-3100

If I do not call back within 15 minutes, please call again.