



CarePoint Anesthesia

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## POST OPERATIVE INSTRUCTIONS FOR ADULT PATIENTS UNDERGOING GENERAL ANESTHESIA

*Following these instructions will help ease your recovery following dental treatment under IV sedation/general anesthesia.*

1. A responsible adult should drive you home and remain with you, under direct supervision, until you are fully alert.
2. It is normal to feel tired, forgetful, and groggy after anesthesia. Your judgment and mental acuity will be impaired. It is imperative that you do not drive a car or operate machinery while recovering from anesthesia, nor should you attempt to perform any strenuous work or activity. Relax for the remainder of the day.
3. After surgery, you may experience minor discomfort throughout the day. You may have bruising and tenderness at the site of the IV, or a scratchy throat. This is short-lived and should not cause alarm.
4. The local anesthesia (numbing medication) administered during your surgery normally lasts for 4-6 hours, and it's important to take measures to control the discomfort before it wears off.
5. Nausea and vomiting are common after surgery. To minimize symptoms, lie down, avoid dairy products, take narcotic medications (if prescribed) with small amounts of food, and drink clear liquids until resolution occurs.
6. Your diet should include clear liquids only for the first several hours after surgery (water, apple juice, ginger ale, Gatorade, etc.). Fluids are important to prevent dehydration. Your first meal should consist of soft foods (soup, Jell-O, mashed potatoes, etc.) in moderate quantity. Once this is tolerated, you may gradually advance your diet to solid foods. If you are diabetic, maintain your normal diet as much as possible, and follow your doctor's instructions regarding your insulin schedule.
7. Do not drink any alcoholic beverages for the remainder of the day.

Please call our office immediately (720.606.4220) if you develop any unexpected reactions. Call your anesthesiologist if your IV site becomes red and tender, if vomiting persists beyond four hours, if you develop a fever beyond 24 hours, or if any other matter related to your anesthetic causes concern.

**Our 24 hour numbers are listed below. Do not hesitate to call if you have any questions or concerns.**

**Dr. Jackstien (720) 606-4220 ext 3 (Espanol)**

**Dr. Yen (720) 606-4220 ext 4**

**Dr. Smith (720) 606-4220 ext 6**

**Dr. Croft (720) 606-4220 ext 7**

**Dr. Moezzi (720) 606-4220 ext 8 (Espanol)**

**Dr. Mendoza (720) 606-4220 ext 10**

**Dr. Rees (720) 606-4220 ext 12**