



Post-Op Instructions for ORAL SEDATION

1. Please go directly home from our office and rest. It is best to take a nap until the effects have completely worn off. A responsible person should be with the patient until he/she has fully recovered from the effects of sedation.
2. The patient may seem alert when he/she leaves. This may be misleading so do not leave the patient alone. The sedation medication may affect your judgment and coordination for 24 hours following treatment.
3. Do not drive a car or operate dangerous equipment for 24 hours after oral sedation.
4. Do not make any important business decisions or sign any legal documents for 24 hours after oral sedation.
5. Always hold the patient's arm when walking. The patient should not go up and down stairs unattended. Try to stay on the ground floor until fully recovered.
6. As soon as the local anesthetic has worn off, please have something to eat and hydrate. You may eat and drink what you like but we recommend softer foods, ie. Pasta, chicken, smoothies, etc for the first 24 hours.
7. It is not unusual to have some TMJ discomfort if your mouth remained open for a while during treatment. Please take minor pain relief medication (what you would take to relieve a headache). Please eat food that require little chewing.
8. No sedatives or stimulants should be taken for 24 hours after the appointment (including alcohol, caffeine or nicotine).

For further assistance, please call the office 919-682-5327 or Dr. List's cell 919-906-6408