

## **Patient Instructions Following Anesthesia**

**Return home and rest for the remainder of the day.**

**For at least 24 hours or until fully recovered from the effects of the anesthetics, you should avoid:**

- 1. driving**
- 2. operating any mechanical or electrical devices that might produce injury (e.g. automobiles, power tools, cooking appliances, etc.)**
- 3. walking stairs unaccompanied**
- 4. making important decisions or signing important documents**
- 5. smoking**
- 6. consuming alcoholic beverages**

**Stand slowly from sitting and lying positions. If you experience dizziness or lightheadedness in an upright position, lie down immediately.**

**Medication should be taken as directed by your dentist, surgeon, and/or anesthesiologist.**

**Liquids may be consumed as soon as desired. Start by drinking frequent, small amounts of clear fluids. Patients may then progress to soft, bland foods such as soup, jello, yogurt, noodles, etc.**

**Child patients should be:**

- 1. Restricted from active play and carefully watched by a responsible adult for the remainder of the day.**
- 2. Encouraged to drink as much fluid as possible after recovery from the anesthetics.**

**In the event you experience any problems or have any questions concerning your anesthesia, please call:**

**Joshua D. Waskowitz, DMD  
412-996-4776**

