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Anesthesia Post-Operative Instructions

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All patients who have received anesthesia for their dental procedure are urged to follow these guidelines in order to promote a prompt and uneventful recovery. The majority of complaints after anesthesia care are preventable by following these instructions. Your cooperation will assist in making your personal anesthesia experience a more pleasant event.

FOOD

Yes, you can eat. Progress from clear liquids, to soups, to solid foods, increasing your diet throughout the day. When you become hungry, please start with a small amount of food to see how you feel. As you feel better, increase your food intake. Remember to drink plenty of liquids. Avoid starting out with dairy products after anesthesia to avoid nausea. *Soft foods such as eggs, flakey fish, mashed potatoes, pasta and boiled soft chicken are great after surgery.*

ACTIVITY

It is very important to minimize your physical activity for the remainder of the day. You have received strong medications during your procedure and will probably be taking additional prescription medications as directed by the office. Avoid rapid changes in position and avoid climbing stairs alone today. Have someone help you around.

MEDICATIONS AND MEDICAL DEVICES

Please resume any prescribed medication schedule immediately. Avoid over-the-counter medications, unless otherwise directed by your doctors or Dr. Amin. If you use a device for sleep apnea such as a "CPAP," please use the device tonight *unless instructed otherwise.*

GENERAL INSTRUCTIONS

Please do not drive or operate machinery for at least 24 hours from when you leave the office. No alcoholic beverages. Arrange for help with children or pets. Have a friend or relative get your prescriptions and stay with you today. Do not make any important decisions today as the effects of **amnesia (memory loss)** and drowsiness may linger for several hours. The amnesia effect may outlast the effect of the sedatives. Very few people require more than 24 hours to recover. Everyone is different.

Females Only: Antibiotics may interfere with the effectiveness of oral contraceptives (birth control pills). Therefore, use some additional form of birth control for one complete cycle besides just birth control pills after a course of antibiotics is completed.