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### **POST-SEDATION INSTRUCTIONS**

If you have received treatment while using non-IV conscious sedation medications, there are some very important things for you to remember and be aware of once you are home following your treatment. Following these recommendations will help ensure that you have a safe, comfortable, and uneventful recovery from your sedation dentistry experience.

1. Persons under sedation medications usually remain very groggy for most of the remainder of the day. Therefore, it is highly recommended that you have someone at home with you to make sure that you are alright and to help take care of you.
2. Persons under sedation medications often think that they are “ok” when in reality they are still not quite “all there”. They are usually still a bit groggy, and can be off-balance and light-headed. Therefore, they should not go up and down stairs, shower, or bathe without assistance, since they could fall and injure themselves. For these same reasons, they should also not do any cooking with heat-generating appliances, handle hot fluids, use sharp knives, instruments, power tools, or be left alone to care for small children. They absolutely **SHOULD NOT** do any driving at all for the remainder of the day of their treatment. They also should not sign any legal documents, or make any important decisions until the following day, when they will be more clear-headed.
3. It is best once the patient reaches their home, that they go somewhere where they will be comfortable (a bed, sofa, or favorite chair), and that they be encouraged to “sleep it off”. Sleeping on and off for the rest of the day, even for long stretches of time, is normal and should not be a cause for alarm.
4. Proper nutrition is essential for healing. Please make sure that the patient gets plenty of fluids, and eats healthy meals. Even if the patient needs to eat softer foods, due to the nature of their treatment, there are plenty of healthy choices available...pastas, potatoes, eggs, soups, and homemade milkshakes with fruits blended in are all very good options.
5. Please make sure that the patient takes any prescribed post-operative medications as recommended.
6. It is important that the patient keep the post-operative appointment made for them, so that we can make sure that healing is going well, and so that we can address any concerns the patient may have at that time.
7. Please do not hesitate to contact us if you have any questions concerning the patient’s recovery or the healing process of the areas that were treated.

The care, safety, and health of our patients are our utmost concern. We hope that by following these recommendations, that your post-operative experience will be as comfortable for you as possible, with optimal recovery and healing, and that the final results of your treatment will be completely to your satisfaction.

If you have any questions or concerns, please call the office at (703) 912-3800. If it is after hours, you may reach Dr. Cocolis at (703) 585-6166 or Dr. Ngo at (703) 717-3850.