



Post Conscious Sedation Instructions

1. Pain medication may be prescribed to minimize or eliminate any post-treatment discomfort. Please take pain medication and any other medicine as directed if needed.
2. Prescription medication (such as blood pressure, heart or seizure medicines, etc...) should be taken on schedule unless instructed otherwise.
3. The patient should be in a lying position for the ride home. The patient should remain inactive and quiet for the remainder of the day; the only exception is to go to the restroom. The patient must be accompanied to the restroom in the event of dizziness. **Excessive motion, or even sitting up, may cause dizziness and/or nausea.**
4. It is important to drink fluids approximately every 30 minutes for the first 3 hours (if the patient is sleeping, please wake at 30 minute intervals). Large amounts of liquids (especially those with substantial calories such as juice, soup, milkshakes, protein drinks, Slim-Fast, Gatorade, etc...) are encouraged for the first 48 hours. Solid food may be given as desired. **If nausea persists, please contact Dr. Peterson so appropriate management can be instituted.**
5. Patients should get plenty of rest the first 24 hours and outside activity, such as operating machinery or potentially dangerous toys (i.e. bicycles, scooters, etc...) is discouraged for the remainder of the day. After 24 hours, activity may be resumed based upon how the patient feels. A small percentage of patients may still feel tired after the first day. Additionally, no alcoholic beverages should be consumed for 24 hours or while taking pain medicine.

If at any time there are any questions or concerns, do not hesitate to call my office at (817)461-4292. An emergency phone number is available if you need to reach me after hours. If I do not call back within 15 minutes, please call again.

I want to make your recovery as easy and quick as possible.

I have read and understand these instructions. _____

(Signature of patient or guardian)