

Looking after yourself following sedation

After sedation, your body and mind may be affected for 24 hours – even if you feel back to normal.

Important instructions to follow

- ✓ Do not drive for 24 hours
- ✓ Do not drink alcohol for 24 hours
- ✓ Have a competent adult at home to look after you for 24 hours
- ✓ Do not operate heavy machinery for 24 hours
- ✓ Do not sign any important documents or make any big decisions for 24 hours

Additional advice

- ✓ Take care when walking, particularly on stairs
- ✓ Make sure the way to the bathroom is lit overnight – leave a landing light on
- ✓ Take a nap once home – you will feel tired
- ✓ Eat and drink what you can manage, following your dentist's instructions
- ✓ Take any medication as prescribed, including pain relief
- ✓ Stay off social media for 24 hours – put your phone down and enjoy some rest

Your anaesthetist will call you in the few hours following your sedation. If you have any problems before then, please contact the practice.

Best wishes for a prompt and comfortable recovery.

The Safe Sedation Network