



950 Francis Place • Suite 305 • Clayton, MO 63105
(314) 862-7844 • www.dentalsleepstlouis.com

POST-OP INSTRUCTIONS

General Anesthesia or Sedation

- During general anesthesia and sedation, medications are used to alter consciousness and modulate pain. These medications may inhibit one's ability to form clear thoughts and motor function for up to 24 hours. Please plan to be sedentary for the remainder of the day after your procedure.
- Please refrain from driving, operating heavy machinery, making important decisions, returning to school and being active until the day following your procedure. All normal activities may be resumed the following day unless specifically indicated by your anesthesiologist or dentist.
- Bruising may occur on the face, neck and perioral structures. Bruising is normal after anesthesia and surgery and may take up to three weeks to resolve.
- Chapped lips, nasal irritation, facial swelling, jaw and throat discomfort, and a dry cough may occur in the immediate post-operative period and should resolve over the next 48–72 hours.
- Be sure to drink plenty of fluids for 24 hours after your procedure. Food intake should occur gradually and should start with a soft, bland diet, as nausea is a common side-effect of anesthesia. Normal diet can be resumed after 24 hours unless indicated otherwise by your dentist.
- Please DO NOT drink alcohol for the first 24 hours following your procedure.