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Periodontics and Dental Implants

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POST-ANESTHESIA INSTRUCTIONS

1. Dr. Lubritz has prescribed pain medications to minimize or eliminate any post-treatment discomfort. These may be taken as directed. Any other medications may be taken as directed. Please check with your pharmacist for possible drug interactions.
2. If the patient is taking any prescribed medications (such as blood pressure, heart or seizure medicines, etc), these should be resumed on the normal schedule unless instructed otherwise.
3. The patient should be in a lying position for the ride home. The patient should remain down for the remainder of the day; the only exception is to go to the restroom. The patient must have someone accompany him/her into the restroom in the event he/she feels dizzy or loses his/her balance. **Excessive motion (or even sitting up) may cause dizziness and/or nausea.**
4. It is important to make the patient drink fluids approximately every 30 minutes for the first three hours (if the patient is sleeping, he/she should be woken up at these 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, in addition to other food. Nausea may occur infrequently after the procedure. If this does, keep the patients lying down, wait a short time (i.e. 15 min) and give more fluids. In some instances, soda (i.e. Sprite or 7-UP) may be given if allowed by this office. Solid food may be given as desired. **If nausea persists, please contact me so appropriate management can be instituted.**
5. Patients should get plenty of rest the first 24 hours. There should be no outside activity for the remainder of the day. After that time, activity may be resumed based upon the surgery and other post-treatment considerations. A small percentage of patients may still feel tired after the first day. The patient may not drive, operate machinery, or potentially dangerous toys (bicycles, scooters, etc) for 24 hours post anesthesia. Additionally, no alcoholic beverages are to be consumed for at least 24 hours or while taking pain medicine.

If at any time there are any questions or concerns, do not hesitate to call. My office wants to make the patient's recovery as easy and quick as possible.

If this office does not call within 15 minutes, please call again,

I have read and understand these instructions: _____

(Signature of patient or guardian)

(Date)