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## POST-OPERATIVE INSTRUCTIONS FOR A SEDATION APPOINTMENT

- Do not try to stand up or walk out of the operatory unassisted. We will provide a wheelchair for your convenience, so that your escort can bring you out of the building to your vehicle safely.
- The effects of the anesthetic or sedative medications may cause prolonged drowsiness, light-headedness, visual disturbances, and/or nausea. Bed-rest after a sedation appointment is recommended. Once home, try to stay immobile, do not lift heavy objects, and use the stairs only when accompanied by a companion.
- You MUST be accompanied by a responsible adult to drive you to and from surgery, and your driver or another responsible individual must stay with you for several hours after surgery until you have recovered sufficiently to take care of yourself. NEVER attempt to drive any vehicle or operate heavy machinery for a 24 hour period after a sedation appointment.
- The patient may appear to be alert when he or she leaves from the appointment, or sleepy for an extended period of time. A caretaker should attend to both an alert or sleep patient in the same manner: do not trust him or her to be left alone.
- Do not drink alcoholic beverages for 24 hours after surgery.
- After surgery, you will not be in an alert mental state. Do not make any decisions, which requires your full mental alertness. DO not plan to be able to watch or care for children or an elderly individual for a period of 24 hours after the sedation appointment.
- Do not perform any strenuous activities or exercise for 24 hours.
- Do not attempt to eat a heavy meal following your sedation appointment. If you are hungry, a light diet (consisting of liquids and soft foods) should be adequate. Be sure to drink plenty of fluids to stay hydrated.
- Your companion is asked to call our office at the number at the bottom of the page to inform us when you have arrived home safely.
- You can call us at the number provided below if you have any questions or difficulties, or you can reach Dr. Briglia at his cell phone number (484) 318-1098 for immediate assistance. If you feel that your symptoms warrant a physician and you are unable to reach us, you should be transported to the closest emergency room immediately.

- Following most surgical procedures, there may or may not be pain, depending on your personal pain threshold. You will be provided with a medication for discomfort that is appropriate for you. In most cases, a non-narcotic pain regimen will be given consisting of *Acetaminophen* (Tylenol) and *Ibuprofen* (Advil). These two medications, taken together, will be as effective as a narcotic without any side effects associated with narcotics. If a narcotic has been prescribed, follow the directions very carefully. If you have any questions regarding these medications or possible interactions with medications that you currently take, please call your pharmacist, physician, our office, or Dr. Briglia.
- For your convenience:
  - OFFICE PHONE: (610) 692-4440
  - DR. BRIGLIA'S CELL: (484) 318-1098
  - DR. BRIGLIA'S HOME: (610) 827-1798

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