



The purpose of these instructions are to provide you with information and guidelines to follow after the procedure you have just completed. You have received medications that can alter your perception, memory, and coordination. Though full recovery is expected within the day of the procedure, you can continue to have effects from these medications for **UP TO 24 HOURS**. By following these instructions, it is expected that you will have an uneventful recovery.

The **MOST IMPORTANT** thing that you can do is go home and **REST**. Giving your body a chance to recover from the anesthesia is best achieved through resting and no planning of any activities. If you live alone, it is recommended that you arrange to have someone stay with you for at least **3 HOURS** after you leave the office.

The following categories will address specific issues pertaining to your recovery:

### **AVOID**

- Any operation of mechanical or electrical machinery and devices.
- **DRIVING** for the remainder of the day. Allow at least **12 HOURS**, if not longer.
- Making any important decisions or signing important documents.
- **CONSUMING ALCOHOLIC BEVERAGES AND/OR SMOKING** for at least **24 HOURS**.
- Any unaccompanied activities.

### **ACTIVITY**

- Take your time when moving; use help or assistance as much as possible.
- As you move from lying to sitting –or– sitting to standing, **MOVE SLOWLY**.
- If you experience any dizziness, lie or sit back down and rest.
- When climbing stairs, have someone help and assist you.

### **MEDICATIONS**

- **RESUME** taking any prescribed medications once you are drinking fluids.
- If you received prescriptions for the procedure, take those as directed.
- Over the counter pain relievers, such as Tylenol and Motrin, are very helpful to take.

### **EATING AND DRINKING**

- Liquids may be consumed as soon as possible. Begin with frequent small quantities of clear fluids, such as water, juice, and soda. **NO DAIRY PRODUCTS AT FIRST**.
- Progress slowly from liquids, to soups, and then to solid foods. Increase your diet as desired depending on how you feel.
- Taking your time increasing your diet can help to avoid nausea and possible vomiting.

If you experience any problems not discussed above or you are continuing to have any problems or difficulties, please call the office at the number listed below.