

ADVANCED DENTAL ANESTHESIA SERVICES

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Patient Instructions following Anesthesia

- Return home and rest for the remainder of the day
- For at least 24 hours or until fully recovered from the effects of anesthesia, you should avoid:
 - Operating any mechanical or electrical devices that might produce injury (e.g. automobiles, power tools, cooking appliances, etc.)
 - Walking stairs unaccompanied
 - Making important decisions or signing important documents
 - Consuming alcoholic beverages
 - Smoking
- Stand slowly from sitting or lying positions. If you experience dizziness or lightheadedness in an upright position, lie down immediately.
- Prescribed medications should be resumed and taken as directed. Do not take pain medications on an empty stomach.
- Clear Liquids may be consumed as soon as directed. Start by drinking small frequent quantities of clear fluids (water, Gatorade, fruit juice, popsicles).
- Follow any specific diet plans suggested by your surgeon and anesthesiologist
- Child Patients should be:
 - Restricted from active play and carefully watched by a responsible adult for the remainder of the day
 - Encouraged to drink as much fluid as possible after recovery from the anesthetics
- Call the anesthesiologist in the event you experience any problems or have any questions concerning your anesthesia.

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