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## Post-Operative Instructions for IV or Non-IV Sedation

### General Instructions:

- Supervision: Have a responsible adult stay with you for at least 12 hours after your procedure. They can assist with activities like eating, drinking, and taking medication.
- Rest and recovery: Prioritize rest for the next 24-48 hours. Avoid strenuous activities or operating machinery.
- Eating and drinking: Start with clear liquids first. Gradually progress to soft foods as your numbness subsides. Avoid hot and spicy foods. Drink plenty of fluids to stay hydrated.
- Pain medication: Take prescribed pain medication as directed. Do not exceed recommended dosages and avoid combining narcotic pain medication with alcohol or other sedatives.
- Bleeding: Minor bleeding or oozing is normal. Apply gentle pressure with gauze for 15-20 minutes if needed. If bleeding is heavy or persistent, contact your dental office immediately.
- Nausea and vomiting: These are common side effects of IV sedation. Try sipping ginger ale or sucking on ice chips. If nausea is severe or persistent, contact your dental office.
- Dizziness and fatigue: These are also common side effects. Avoid standing up too quickly and sit or lie down if you feel dizzy.
- Driving and operating machinery: Avoid driving for 24 hours or while under the influence of any medications. Do not operate machinery until you are fully alert and your coordination has returned to normal.
- Making important decisions: Avoid making major decisions or signing important documents for 24 hours after your procedure.
- Contact your dental office immediately if you experience:
  - Fever over 101°F
  - Severe pain that is not controlled by medication

- Excessive bleeding or swelling
- Difficulty breathing or swallowing
- Signs of infection at the IV site (redness, swelling, pus)

Additional Instructions for Specific Procedures:

- Tooth extractions:
  - Apply ice packs to the area to reduce swelling.
  - Avoid rinsing or spitting forcefully for the first 24 hours.
  - Do not smoke or use straws as they can dislodge the blood clot.
  - Use salt-water rinses after 24 hours to promote healing.
- Wisdom teeth surgery:
  - Elevate your head with extra pillows when sleeping.
  - Apply cold compresses to your cheeks to reduce swelling.
  - Maintain good oral hygiene, but avoid brushing the surgical site directly.
  - Expect increased discharge and bad breath for a few days.
- Root canals:
  - Avoid chewing on the treated tooth for the first few days.
  - A temporary crown may be placed and may need to be replaced with a permanent one later.
  - Some sensitivity is normal after a root canal, but contact your dental office if it is severe or persistent.