



CERRITOS DENTAL  
— SURGERY —  
SHAWN HOFKES, DDS

## INSTRUCTIONS AFTER SEDATION

1. Go home and rest the remainder of the day.
2. Do not perform any strenuous activity. You should remain in the company of a responsible adult until you are fully alert.
3. Do not attempt to eat a heavy meal immediately. If you are hungry, a light diet (liquid and toast) will be more than adequate.
4. A feeling of nausea may occasionally develop after sedation. The following may help you feel better:
  - a) lying down for a while and/or
  - b) a glass of cola beverage
5. Do not drive a motor vehicle or perform any hazardous tasks for the remainder of the day.
6. Do not take any alcoholic beverages or medications for the remainder of the day unless you have contacted the doctor first.
7. The following medication(s) have been ordered for you by the dentist. Take them only as directed:

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8. If you have any unusual problems, you may call (office phone)
9. If you are unable to contact the dentist who provided the sedation, please call a local emergency room.