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Post-Treatment Instructions for Patients Receiving Intravenous Conscious Sedation

Patients who have a clear understanding and expectation level before surgery have a greater peace of mind. The following instructions and information will help you prepare yourself and ensure that your recovery goes smoothly.

1. Go home and rest for 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 (liquids or soft foods) will be more than adequate.
 4. A feeling of nausea may occasionally develop after Intramuscular/Intranasal or Intravenous sedation. The following may help you feel better:
 - a. Lying down for a while.
 - b. A glass of a carbonated cola beverage.
 - c. If nausea persists for more than 4 hours, call our office to speak with Dr. Nill.
 5. Do not drive a car or perform any hazardous tasks for the remainder of the day.
 6. Do not take any alcoholic beverages or any medications for the remainder of the day unless you have contacted Dr. Nill first.
 7. The following medications have been ordered for you by the doctor. Take them only as directed:
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8. If you have any unusual problems or any questions you may call:
 - a. Dr. Nill at 203.254.3780
 - b. If you are unable to make contact with Dr. Nill, please call the following emergency room number:
Saint Vincent's Medical Center Emergency Department: 203.576.5171

Printed Name: _____ Signature: _____ Date: _____

Appointment Date: _____ Time: _____