



**James Lipon Dentistry
201 – 11002, 104 Avenue
Grande Prairie, Alberta
T8V 7W5**

DISCHARGE INSTRUCTIONS

The sedative medications administered today during your/the patient's procedure may have residual effects for up to 24 hours. Examples may include continued drowsiness, dizziness, difficulty with balance and coordination, impaired judgment, and short term memory problems. Since these changes may not be easily recognizable, no activities should be undertaken that requires you (or the patient's) best effort. For your/the patient's safety, it is important that you adhere to the following instructions constructed around the common letter "**D**":

1. Do not **DRIVE** any form of motorized equipment. This includes cars/trucks, yard tractors, golf carts, motorcycles, mopeds, etc.
2. Do not **DRINK** alcohol. Its effects are additive with these sedative medications.
3. Do not use **DANGEROUS** machinery or equipment (stove, lawnmower, chain saw, etc. for adults; bicycles, swing sets, etc. for children).
4. Make no important **DECISIONS** since judgement and memory are impaired.
5. Watch out for **DIZZINESS**, especially when changing positions. Move slowly and take your time.
6. Resume normal **DIET** as tolerated upon return of appetite. If queasy, avoid becoming **DEHYDRATED** by frequently drinking small amounts of uncarbonated clear liquids (tea, orange or apple juice, clear broth, Gatorade, etc. for adults; any of these or Pedialyte for children). Progress to bland soup, toast, or crackers next, then try resuming a normal diet again.
7. Ask your doctor about resuming prescription and nonprescription **DRUGS** you were taking prior to the procedure.
8. **DISCUSS** any questions you may have with your doctor prior to leaving today.
9. **DIAL** the phone number at the top of this page to contact your doctor should questions or problems arise after you leave. If you experience problems with breathing or severe bleeding proceed immediately to the Emergency Room of your nearest hospital.

After the first 24 hours, the vast majority of patients receiving these sedative medications are "back to normal."