



After Sedation

Self-care and what to expect

This handout explains self-care after having sedation for a procedure.

Getting Home

You must have a responsible adult ready to take you home after your procedure. You cannot go home by yourself. Sedation can affect your judgment and make it unsafe for you to travel alone. Before your procedure, make plans for your trip home. The responsible adult may drive you in their car, or ride with you on the bus or in a taxi. If you have any questions about this policy, please talk with your provider.

Side Effects

The side effects from sedation usually go away quickly, but they can last for several hours. Some of these include:

- Feeling drowsy
- Some memory loss
- Dry mouth
- Dizziness

Even if you feel normal, some of the medicines you may have received can affect your memory and judgment.



After your procedure, plan to spend the rest of the day resting at home.

Medicines

- You received these medicines for your procedure:

- Your doctor or nurse will explain any changes to your other medicines. Otherwise, you can resume taking your usual medicines right after your procedure.
- **Take ONLY medicines your doctor prescribed or approved.** Do not take any other medicines. If you have questions, please ask the doctor who prescribed your medicines.

For Your Safety

For 24 hours, or as long as you are taking prescription pain medicines:

Do NOT:

- Drive a car or use machines
- Drink alcohol
- Sign legal papers or make important decisions
- Be responsible for children, pets, or an adult who needs care

Do:

- Stay home for the day and rest.
- Have an adult stay with you for at least 2 hours after you get home.
- Drink only liquids at first, then slowly begin to eat as usual.
- Plan for someone to care for your children or others in your care, for at least the rest of the day.
- Move carefully if you are taking prescription pain medicine. You may feel dizzy if you move quickly.

When to Call

Call 911 **right away** if you have:

- New, severe pain
- Problems breathing
- Symptoms of a stroke:
 - Bad headache
 - One side of your face drooping
 - Arm weakness
 - Problems speaking

For all other concerns, call one of the numbers in the Questions box at left.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

For questions about your procedure care: Weekdays 7:30 a.m. to 4:30 p.m., call _____,

After hours and on weekends and holidays: Call 206.598.6190 and ask for the _____ Resident on call to be paged.

For questions about your procedure or medicines: Call your doctor:

Dr. _____

Phone: _____