

West Seattle Endodontics Post-Op Conscious Sedation Instruction Sheet

- 1) Please have your companion take you **DIRECTLY** home to rest after the procedure
- 2) Please **CALL** our office when you are safe at home
- 3) Please remember to **HYDRATE** so that you feel good the next day
- 4) Please remember to take Ibuprofen or Tylenol after the procedure. This will help with any pain from inflammation that may begin.
- 5) Please remember:
 - a. No driving for 24 hours
 - b. No operating hazardous machinery for 24 hours
 - c. No heavy lifting for 24 hours
 - d. No climbing stairs unassisted for 24 hours
 - e. No important decision making for 24 hours