



POST – ANESTHESIA/CONSCIOUS SEDATION INSTRUCTIONS

1. Dr. Kondoff or Dr. Williams may prescribe pain medication to minimize or eliminate any post-treatment discomfort. These may be taken as directed. Any other medications may be taken as directed (excluding sedating medications for 24 hours after dismissal).

Recommended taking of post-operative medications is as follows: _____

2. If the patient is taking any prescribed medications (such as blood pressure, heart or seizure medications, etc), these should be resumed on the normal schedule unless instructed otherwise.
3. The patient should be in a lying position for the ride home. The patient should remain down (lying or reclining) for the remainder of the day; the only exception is to go to the restroom. The patient must have someone accompany him/her into the restroom in the event he/she feels dizzy or loses his balance. **Excessive motion (or sitting up) may cause dizziness and/or nausea. If the patient feels dizzy or especially faint, have him/her lie down immediately.**
4. It is important to make the patient drink fluids **with calories** approximately every 30 minutes for the first three hours (if the patient is sleeping, he/she should be awakened at these intervals to drink). Large amounts of fluids (especially those with substantial calories such as juice, soup, milkshakes, protein drinks, Slim-fast, Gatorade, etc.) are encourage the first 48 hours, in addition to other food. Nausea occurs infrequently. If nausea does occur, keep the patient lying down, wait a short time (i.e. 15 minutes) and give more fluids. **If nausea persists, please contact Dr. Kondoff or Dr. Williams so appropriate management can be instituted.**
5. Patients should get plenty of rest the first 24 hours. There should be no outside activity for the remainder of the day. After that time, activity may be resumed based upon the surgery and other post-treatment considerations. A small percentage of patients may feel tired after the first day. This is generally due to inadequate fluid and nourishment intake. No operating machinery (cars, lawnmowers, etc.) or potentially dangerous toys (bicycles, scooters, etc.) for 24 hours. Additionally, no alcoholic beverages are to be consumed for at least 24 hours or while taking pain medication.

If at any time there are questions or concerns, please do not hesitate to call. We want to make the patient’s recovery as easy and quick as possible.

Dr. Kondoff and Dr. Williams

512-782-0821 (if during office hours)

512-426-5721 (if after office hours) ***If you do not receive a call back within 15 minutes, please call again.*