



Allred Dental
955 Boardwalk Suite 201
San Marcos, CA 92078

Moderate Sedation Discharge Instructions

1. You have been given a medicine that causes drowsiness. The medicine may also cause temporary clumsiness or poor balance, and can cause poor judgment. You should not drive after receiving this medication until the day after the procedure. You should have a responsible adult drive you home.
2. You should not operate machinery for 24 hours
3. You should not make any important decisions for 24 hours
4. You should avoid dangerous activities such as bicycling, swimming, or working at heights for the remainder of the day.
5. You may temporarily feel sick, weak, or dizzy. This is normal. Some people will vomit if they eat too soon. As soon as you feel like you can drink without vomiting, you should try water or clear juice or soup. You can progress to solid food if the fluids do not cause nausea and you are feeling well. Avoid heavy or greasy foods for the remainder of the day.
6. If pain killers have been prescribed for you, ask the dentist how soon it is safe to take them.
7. You should not take any alcohol, sleeping pills, or medicines that cause drowsiness for 24 hours.
8. If you have any questions call Dr. Jeff Allred Office: (760) 304-6455 or Cell: (760) 566-6238
9. If you feel there is a real emergency go directly to the Hospital emergency department

Patient/Guardian

Date

Provider