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PATIENT'S RIDE INSTRUCTIONS

RE: POST IV SEDATED PATIENT CARE

Please follow these instructions to provide optimal safety for the patient:

1. Go straight home; patients should not be out in the public due to impairment of physical abilities. Watch the patient when moving around at home. Help them with stairs and be prepared to help them in getting to the bathroom and in the bathroom if needed. Give support under their arm as was demonstrated in the office.
2. Someone must be able to ensure the patient is safe and cared for after arrival home. The patient will probably feel like resting/sleeping for several hours and someone **needs to be there** to ensure their comfort and safety. They may watch TV and doze in and out – this is to be expected.
3. Ensure patients regular medications are taken as per normal, unless otherwise instructed. No alcohol or smoking for at least 48 hours.
4. Patients can eat soft foods as soon as they feel able. Be aware of areas that have local anesthetic so patients don't bite their tongue or cheeks.
5. Limit any physical activity for 24 hours until full co-ordination has returned. While most people can resume normal activity after 24 hours, this should be monitored to ensure the patient is clear headed and coordination has returned to normal.
6. For surgical procedures – patient should rest and **avoid** all strenuous activities (work or play) for several days – keeping blood pressure lower will reduce bleeding and aid healing.

PLEASE CALL OUR OFFICE AT 250-383-3368 IF YOU HAVE ANY FURTHER QUESTIONS OR CONCERNS.