

**Issaquah Valley Dental Care**  
425-392 4122  
[www.issaquahdental.com](http://www.issaquahdental.com)

**Post-Sedation Instructions**

- Go home and rest for the remainder of the day
- Do not perform and strenuous activity.
- You should remain in the company of a responsible adult until you are fully alert.
- Do not drive a motor vehicle or perform any hazardous tasks for the remainder of the day.
- Do not attempt to eat a heavy meal immediately. If you are hungry, a light diet ( liquids and toast) will be more than adequate
- A feeling of nausea may occasionally develop after conscious sedation. The following may help you feel better:
  - lying down for a while
  - a glass of cola beverage
- Do not consume any grapefruit juice
- Do not take any alcoholic beverages or any medications for the remainder of the day.
- Take the medication(s) as directed if you have been given a prescription by us.
- If you have any unusual problems you may call our office during business hours or contact Dr. Ajay Dhankhar after hours on his cell phone # 954 655 2406