

PAIN MANAGEMENT-IV SEDATION DISCHARGE INSTRUCTIONS

For your procedure, we have given you medicine(s) that will stay in your body for some time. You may feel sleepy and/or dizzy. The use of your muscles may change, and it may feel like you have lost your sense of balance. Your judgement may also be affected. The reaction time, for example when driving or operating machinery, will be slower. You may not see any of these changes yourself, but you need to be aware that these changes are very common. Your memory or recall of information may be altered, so keep these instructions for reference.

For your own safety and the safety of others, the following rules should be followed for the next 24 hours.

- Do not drive for 24 hours.
- Do not use appliances or equipment that could be dangerous, such as power tools, stoves, heaters, lawnmowers, garbage disposal, etc.
- There is an increased risk of falling, so walk slowly and take your time. Be careful when getting up from a sitting or lying position. Be aware that sudden changes in position can alter your balance.
- Do not make important decisions.
- Do not drink alcoholic beverages. The medications you received today may cause your body to have a reaction when combined with alcohol.
- Diet-if you feel nauseated or sick to your stomach, drink clear liquids like ginger ale, broth, tea, etc. You may advance your diet as tolerated, beginning with something light.
- You may apply ice to the injection area to help alleviate pain. Be sure not to use ice directly on your skin. Use a cloth between your skin and the ice pack. You may apply ice to the area for 15 minutes and 15 minutes off.