

PRE-ANESTHESIA INSTRUCTIONS

Eating or Drinking

For anesthesia it is *extremely important that patients have an empty stomach*. For this reason, adults are not to have anything to eat or drink for **eight (6) hours before their scheduled appointment**. Children (less than 6 years old) should not have any food or drink for **six (4) hours before their scheduled appointment**.

Change in Health

Any change in health, especially the development of a cold, cough, flu or fever is extremely important information for the physician. Please notify our office if there is any change in you or your children's health.

Medications

Prescription medications should be taken as scheduled, only with a sip of water, unless previously indicated by the physician.

Street Drugs

The literature has reported that the use of "*street drugs*" (marijuana, cocaine, heroin, amphetamines, etc.) mixed with an anesthetic can result in serious complications including death. **Therefore, street drugs are strictly forbidden for several weeks prior to any anesthetic.**

Clothing and Contacts

Short sleeves, loose fitting pants and comfortable shoes are advised. Do not wear make-up, nail polish, or false eyelashes or false fingernails. Contact lenses must be removed BEFORE anesthesia. Do not wear anything on the chest (jewelry, piercings, bras, medical patches) because of monitor placement and readings. Please leave all valuables at home. For children, it is suggested to bring a change of clothing and a warm blanket. If possible, have your child wear a diaper. No acrylic nails or colored nail polish on your fingernails.

Designated Driver

A responsible adult must accompany the patient to the office and remain during the procedure. You will not be allowed to leave by taxi or bus. Arrange to have a responsible adult spend the rest of the day with you. Do not plan on operating any equipment for 24 hours after the anesthesia.

Questions

Prior to your anesthesia, you may call at anytime to discuss your questions and anesthetic care with the doctor.

POST-ANESTHESIA INSTRUCTIONS

Eating, Drinking, and Smoking

Limit oral intake to liquids for the first few hours. Begin with water and follow with sweet liquids such as sport drinks, clear juice and soda as tolerated. If teeth were extracted, do not use a straw. Food can be consumed following liquids as tolerated. Soft foods we suggest are scramble eggs, applesauce, yogurt, mashed potatoes, and soups. If your child is not hungry, do not force him/her to eat, but encourage as much liquid as tolerated. You should have absolutely NO alcoholic beverages for 24 hours following anesthesia and do not smoke for at least 72 hours following surgery.

Activities

Do not drive and/or engage in moderate to high level physical activity for 24 hours or until the effects of the anesthetic have completely subsided. Judgment may also be impaired during this time, so please avoid making any major life decisions. For children, don't allow them to swim, bike, skate, or play with other children until fully recovered. Place a blanket on the floor for the child to rest and observe him/her closely.

Pain or Fever

Muscle aches and a sore throat may occur similar to the flu following anesthesia. These symptoms are very common and will usually disappear within 24 to 36 hours. Medications such as Tylenol and Advil are usually effective and should be taken at the first sign of pain, if normally tolerated. For children, a fever of up to 101 degrees Fahrenheit may develop for the first 12 hours. Tylenol Elixer every 3 to 4 hours with plenty of liquids will tend to alleviate this condition as well as treat any post-operative discomfort.

Seek Advice

Nausea and vomiting are common, but if vomiting occurs and persists beyond 12 hours, if temperature remains elevated beyond 24 hours, or if you have other serious concerns following anesthesia, please contact the office