

INSTRUCTIONS BEFORE ANESTHESIA

Eating or Drinking

FAILURE TO STRICTLY FOLLOW THESE INSTRUCTIONS COULD RESULT IN ASPIRATION AND MAY BE FATAL.

For anesthesia, it is extremely important that patients have an empty stomach, and the following instructions are to be followed.



No foods or liquids for six (6) hours prior to appointment. If needed, distilled water or clear apple juice can be given up to (2) hours prior to appointment.

Clothing

Please wear a short sleeve loose shirt. Children should bring a light blanket. For children who do not wear a diaper or pull up, a change of clothes should be available. Do not wear makeup, nail polish, or false eyelashes. Contact lenses must be removed before anesthesia. Please do not bring anything valuable or wear any jewelry.

Change in Health and Medications

A change in health, especially the development of a cold or fever, is extremely important. Please notify the anesthesiologist if there is any change in your health. Prescription medications should be taken as scheduled unless previously indicated by your anesthesiologist and may be taken only with sips of water.

Designated Driver

A responsible adult must accompany any patient to the office and remain during the procedures. Do not plan on driving or making decisions for twenty-four (24) hours after the anesthesia. Arrange to have a responsible adult to spend the rest of the day with you. Children should be in a car seat.

Questions

Prior to your appointment, your anesthesiologist will contact you to review preoperative instructions and to answer any questions. If you would like to discuss your anesthesia before this appointment, you may call Dr. Johnson at (619) 339-0760.

INSTRUCTIONS AFTER ANESTHESIA

Pain or Fever

Muscle aches and a sore throat may occur, similar to the flu. These are very common after general anesthesia or sedation and will usually disappear within 24 to 36 hours. Tylenol (Acetaminophen) is usually very 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 elixir every 3 to 4 hours with plenty of liquids tend to alleviate this condition as well as treat any post-operative discomfort. Avoid NSAIDS such as Advil/Motrin/Ibuprofen/Naproxen for the first 6 hours after surgery. These medications can upset the stomach and interact with your child's anesthetic. Tylenol (Acetaminophen) is the best choice.

Diet

Limit oral intake to clear liquids for the first few hours. If teeth were extracted, do not drink through a straw. Initially, limit intake to clear liquids such as water, apple juice, or Gatorade. Once clear liquids are tolerated, slowly allow the patient to try soft foods. Suggestions include applesauce, scrambled eggs, mashed potatoes, and soups. If possible, please avoid citrus juice as it may cause nausea and vomiting. If your child is not hungry, do not force him/her to eat but encourage him/her to drink liquids for the next twenty-four (24) hours.

Activity

Do not allow your child to engage in moderate to high physical activity for 24 hours or until the effects of the anesthetic have subsided completely. Judgment may be impaired during this time as well so do not allow your child to swim, bike ride, or play with other children. Place a blanket on the floor for the child to sleep on and observe him/her closely.

If you have any questions, please call Dr. Johnson at (619) 339-0760



SAN DIEGO DENTAL ANESTHESIA
GIVING PEACE TO DENTISTRY