



INSTRUCTIONS FOR PATIENTS PRIOR TO ANESTHESIA

EATING/DRINKING:

For your safety, the following instructions must be strictly adhered to before proceeding with anesthesia. Neglecting any of the following may cause the doctor to postpone the start of treatment and a charge may be incurred. Failure to strictly follow these instructions could result in aspiration and could be fatal.

- It is extremely important that the patient's stomach be empty prior to receiving anesthesia.
- No solid food EIGHT (8) hours prior to appointment time.
- WATER ONLY may be taken up to THREE (3) hours prior to the appointment.

CLOTHING:

- Children should bring a light blanket.
- For children who do not wear a diaper or pull up, a change of clothes should be available.
- No onesies please.
- Adults, please wear short-sleeved, loose shirt.
- Do not wear makeup, nail polish, or false eyelashes.
- Contact lenses must be removed before anesthesia.

CHANGE IN HEALTH AND MEDICATIONS:

- A change in health, especially the development of a cold or fever, is extremely important. Please notify your anesthesiologist if there is a change in your health.
- Prescription medications should be taken as scheduled unless previously indicated by your anesthesiologist and may be taken with only a sip of water.
- If you are Diabetic, please contact your anesthesiologist for instructions.

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.
- NO UBER/LYFT or TAXI.

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 anesthetic before this appointment, call Cynthia at 858-414-1293, your anesthesiologist will be paged and return your call when they are available.

INSTRUCTIONS FOR PATIENTS FOLLOWING ANESTHESIA

PAIN OR FEVER: Muscle aches and a sore throat may occur similar to the flu. It is very common after general anesthesia and will usually disappear within 24-36 hours. Drugs such as Tylenol and Advil are usually very effective and should be taken at 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 3-4 hours with plenty of fluids will tend to alleviate this condition as well as treat any post-operative discomfort.

DIET: Limit oral intake to liquids for a few hours. If teeth were extracted do not use a straw. Initially, limit intake to clear fluids such as water, apple juice, or Gatorade. Once clear fluids are tolerated, slowly allow the patient to try soft foods. Suggestions include apple sauce, yogurt, scrambled eggs, mashed potatoes, and soups. If your child is not hungry, do not force him/her to eat but do encourage as many fluids for the next twenty-four (24) hours.

ACTIVITY: Do not drive or engage in moderate to high physical activity for twenty-four (4) hours or until the effects of the anesthesia have subsided completely. Judgement 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 them closely.