

## Post-Anesthesia Discharge Instructions

ACTIVITY	<p>The patient may feel tired and sleepy for several hours after the appointment. The patient should not be engaged in any moderate physical activity for the remainder of the day. Please allow the child to nap or rest until completely awake – this transition period is important to the patient not being agitated after the procedure. While the patient is napping, please make sure that their chin is UP and OFF THE CHEST to keep their airway open.</p> <p>Please ensure that a responsible adult is available to care of the child for the rest of the day. Do not leave the child unattended or allowed to nap alone. The patient should be able to resume normal activities the next day.</p>
DIET	<p>Please start off with clear liquids once the patient is awake and then wait 15-20 minutes. If the patient is doing fine after the liquids, they can progress to a light snack/meal. Wait again, then progress to soft foods, then to a whole normal meal. Some patients take shorter/longer to take on foods so please use your discretion to prevent possible vomiting.</p>
NAUSEA/VOMITING	<p>Anti-nausea medication is given through the IV during the procedure so it is unlikely that the patient should experience this issue. If the patient becomes nauseous, clear liquids are recommended until the nausea passes. If vomiting persists for longer than 3 hours, please contact the anesthesiologist</p>
DISCOMFORT/PAIN	<p>Pain medicine is given through the IV during the procedure so it is unlikely the patient should have pain. There may be some discomfort or soreness in the nose and throat but should resolve within the next day or two. The patient may also have some soreness and/or redness/swelling at the IV site, and this too will resolve within the next couple days.</p> <p>In some instances, the Dentist may have given the patient a local anesthetic which can numb the patient's teeth and lips, so please make sure the child does not bite or chew their lip. Anesthesia typically resolves within an hour or two after the procedure.</p> <p>Sometimes, the patient may experience blurry, or double vision. This is completely normal and is a side effect of the anesthetic. This will resolve itself typically within an hour or two after administration.</p>
PAIN/FEVER CONTROL	<p>A low-grade fever, usually under 101F, may develop after anesthesia. This may be a normal side effect of the medications given. For pain and fever control, over-the-counter medications may be given according to the directions on the box as long as the patient is not allergic.</p> <ul style="list-style-type: none"> <li>• Acetaminophen (Tylenol) may be given immediately, and every 4-6 hours after that as needed.</li> <li>• Ibuprofen (Motrin/Advil/NSAIDS) may be given after as needed.</li> <li>• If pain or fever persists despite taking the recommended medications, please contact the dentist</li> </ul>
MEDICATIONS	<p>The patient should resume taking all prescribed medications at his/her normally prescribed time.</p>
BLEEDING	<p>If the patient had an extraction, some bleeding is normal. Please follow your dentist's instructions regarding post-operative bleeding control. If bleeding is persistent, apply pressure to the area and please contact your Dentist.</p>