

## **PRE-OPERATIVE INSTRUCTIONS**

### **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 strictly followed. No solid foods for eight (8) hours prior to appointment. Only in special circumstances, our doctor may allow clear liquids for us to two (2) hours prior to the appointment. Please ask us if you or your child is a candidate.

### **Clothing**

Please wear a short sleeve loose shirt and comfortable pants. Pajamas and sweatpants are ideal. No jeans. Do not wear makeup, nail polish, or false eyelashes. Contact lenses must be removed before anesthesia. *Note: Children should bring a light blanket and children who do not wear a diaper or pull up, a change of clothes should be available.*

### **Change in Health and Medications**

A change in health, especially the development of a cold or fever, is extremely important. Please notify us IMMEDIATELY if there is any change in your health. Prescription medications should be taken as scheduled unless previously indicated by our medical staff and may be taken only with a sip 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. *Note: For children, we require TWO ADULTS to accompany the patient to and from the appointment to insure the safety of the patient in transport after treatment*

## **POST-OPERATIVE INSTRUCTIONS**

Following the procedure, we ask that you make arrangements so the patient will remain under close ADULT supervision for the first 24 hours. If you must return to work, please select someone as responsible as you.

### **Transportation Home**

For children, it is very important that they are secured in their seat/booster in a reclined position and their ***breathing closely monitored***. For adults, have them in the passenger seat reclined at a 45 degree position.

### **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 to 36 hours. Drugs such as Tylenol and Advil are usually very effective and should be taken at the first sign of pain, if normally tolerated. 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 will tend to alleviate this condition as well as treat any post-operative discomfort

### **Diet**

Limit oral intake to liquids for the first few hours. If teeth were extracted, do not use 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. Avoid dairy products and citrus juices for the remainder of the day, as these may cause nausea and vomiting. If the patient is not hungry, do not force him/her to eat but encourage as much liquid for the next twenty-four (24) hours.

### **Activity**

Do not drive or 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 patient to make serious decisions. Place a blanket on the floor for the patient to sleep and observe him/her closely.

**Please call us at 281-770-1875 if you have any questions or concerns.**

**For emergencies please dial 911**