



## ANESTHESIA INSTRUCTIONS

### PRE-ANESTHESIA INSTRUCTIONS

**These instructions must be read and strictly adhered to before commencing with sedation or general anesthesia. Neglecting any of the following may compel the doctor to cancel the treatment and a cancellation fee of the full estimated anesthesia charges will apply.**

**Eating & Drinking** The patient may not eat for at least eight (8) hours before the scheduled appointment, but he or she may consume small quantities (2 oz) of **clear** liquids until 2 hours before the appointment. Clear liquids are defined as water, soda, or apple, grape, or cranberry juice.

**Medications** Prescription medications should be taken as scheduled (unless you are directed not by either myself or your physician) and are to be taken only with a sip of water.

**Change in Health** A change in your health, especially the development of a cold or fever, is very important and may cause the treatment to be postponed. Please notify Dr. Wong if there is any change in your health as soon as possible. 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.

**Clothing** Please dress in comfortable, loose clothing and bring a blanket that can be easily washed if soiled by bodily fluids.

**Other** You must be accompanied to the appointment by a responsible adult or, in the case of a minor, a parent or legal guardian. Do not take a bus or taxi. Arrangements must be made to have the patient under direct supervision for a minimum of 24 hours after discharge. California law requires the use of a car seat for all children under the age of six years or weighing less than 60 Lbs.

### POST-ANESTHESIA INSTRUCTIONS

**Getting Home** The patient must be accompanied by a responsible adult or, parent/legal guardian in the case of a child, and arrangements must be made to contact a responsible adult/parent/legal guardian at the time of discharge. Do not plan to drive a vehicle or operate potentially dangerous equipment for twenty-four hours after your treatment. You will not be allowed to leave alone by bus or taxi.

**Home** A responsible adult/parent/legal guardian must be with the patient until the next day.

**Pain or Fever** Muscle aches and a sore throat may occur (similar to the flu) after general anesthesia, but will usually disappear within 24 to 36 hours. Drugs such as ibuprofen or acetaminophen are usually very effective and should be taken at the first sign of pain (if normally tolerated). **DO NOT USE ASPIRIN!** Mild fever may develop in children during first 12 hours. Acetaminophen or ibuprofen every 4 hours with plenty of liquids will tend to alleviate this condition as well as treat post-operative discomfort.

**Eating and Drinking** Limit oral intake to clear liquids for the first few hours. Once clear liquids are tolerated, slowly allow the patient to try soft foods. Suggestions include applesauce, scrambled eggs, mashed potatoes, and soups. Avoid milk and citrus juices (orange juice or lemonade) for the remainder of the day, as these may cause nausea and vomiting. If the patient is not hungry, do not force her or him to eat, but do encourage liquid consumption. Please refrain from alcohol or any recreational drugs for 24hrs post-operatively. If teeth were extracted, do not use a straw.

**Activity** Do not participate in strenuous physical activity for 24 hours or until the effect of the anesthetic have subsided completely. Judgment may be impaired during this time, therefore do not sign any binding legal documents for the subsequent 24 hrs after the end of the anesthetic. For children; 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 and observe him/her closely.

#### **Seek Advice if:**

Please call Dr. Amy Wong at 626-863-8578 if: Vomiting persists beyond 2 hours. The temperature remains elevated beyond the first 6 hours or exceeds 101 degrees Fahrenheit, or, any other matter causes you concern.