



## POST-ANESTHESIA CARE INSTRUCTIONS for CHILDREN

The purpose of these instructions is to provide parents or guardians with information and guidelines to follow after the child's procedure. Your child has received medications that can alter his/her perception, memory, and coordination. Though full recovery is expected within the day of the procedure, you can continue to have effects from these medications for **UP TO 24 HOURS**. By following these instructions, it is expected that they will have an uneventful recovery.

The **MOST IMPORTANT** thing that you can do for your child is to take them home and allow them to **REST**. Giving their body a chance to recover from the anesthesia is best achieved through resting and no planning of any activities. At home, if there are other children, please make sure there is 1 adult supervising the child **EXCLUSIVELY** for at least **3 HOURS**.

The following categories will address specific issues pertaining to your child's recovery:

### ACTIVITY

After anesthesia, your child is a fall hazard. Please provide assistance when they are moving. Rocking and swaying can cause nausea and vomiting. Close supervision is important to ensure the safety of your child.

### MEDICATION

- **RESUME** taking any prescribed medications once fluids are being tolerated.
- If prescriptions were given for the procedure, take those as directed.
- Over the counter pain relievers, such as Tylenol and Motrin, are very helpful to take, especially if your child develops a temperature.

### EATING AND DRINKING

- Liquids may be consumed as soon as possible. Begin with frequent small quantities of clear fluids, such as water, Pedialyte, and Gatorade. **NO DAIRY PRODUCTS AT FIRST**.
- Progress slowly from liquids, to soups, and then to solid foods. Increase the diet as tolerated depending on the response of the child.
- Taking your time increasing your child's diet will help to avoid nausea and possible vomiting.

### EXTRAS

On occasion, it is possible to see one or more of the following:

- Nausea & Vomiting – This is best avoided by minimizing or avoiding external movement, such as rocking and swaying, and slowly introducing your child to fluids as well as slowly progressing their intake from liquids to solids.
- Elevated Temperature – May be noticed during recovery, though this will resolve with time. It is OK to give medications, such as Tylenol and Motrin, once your child is tolerating fluids.
- Fast Heart Rate – This is the result of the medication that was given and will go away with time. If it persists for more than 2 hours, please call the office.
- Red Areas on the Face and Body – This is also a result of medication and/or the manipulation of the face by the dentist during the procedure. It will go away with time. If it persists for more than 2 hours, please call the office.

If there are any problems experienced that were not discussed above, problems, or difficulties are continuing, please call the office at the number listed below.