

Post-Anesthesia Instructions for Patients

What to Expect while patient is waking up

Patients are often still sleeping at end of the appointment. While the patients continue to awaken: loud snoring, gasping and coughing are common. Shivering is also very common occurrence and it is important to note that this is not because they are cold but is a common side effect of general anesthesia. Other side effects include mild swelling of the face and lips, irritation from tape/ monitor sticker marks, and disorientation/blurry vision. All of these things are temporary and will resolve over the next few minutes to hours.

Eating, Drinking

Limit oral intake to liquids for the first few hours. Begin with sips of water and follow with liquids such as sport drinks, clear juice and soda as tolerated. If teeth were extracted, do not use a straw. Food can be consumed following liquids as tolerated. Suggestions are soft foods such as scrambled eggs, applesauce, yogurt, mashed potatoes, and soups. If your child is not hungry, do not force him/her to eat, but encourage as much liquid as tolerated.

Activity

Do not engage in moderate to high level physical activity for 24 hours and/or until the effects for the anesthetic has completely subsided. The effects of anesthesia may be seen for the remainder of the day and the patient may be groggy and lethargic. This is normal and should resolve by the next day. Children should be under supervision for the remainder of the day. Even when child is very alert they can be at risk of falling.

Nausea and Vomiting

This is a common side effect of anesthesia. If it doesn't resolve in 2 hours, please call the anesthesiologist for further advice.

Pain Meds

Tylenol or Motrin can usually be taken as directed as soon as fluids/foods are tolerated.

When to call the Anesthesiologist

1. If vomiting persists beyond 2 hours
2. If temperature remains elevated beyond 24 hours or goes above 101F
3. Any questions or concerns that you would like to discuss with the anesthesiologist

Anesthesiologist (360) 727-8044 office : for emergencies - the on call physician's direct phone number will be available on the answering message or emergency services via 911