

## POST OPERATIVE ANESTHESIA GUIDELINES

The following items are to assist you during you/your child's recovery from anesthesia.

### 1. Drowsiness

- a. The patient will be drowsy or sleepy as a side effect of the anesthesia.
- b. Sleeping is fine, however we recommend you wake the patient every hour to ensure they are drinking clear fluids.
- c. Please plan a relaxing day
  - i. Adults: No work, no heavy lifting, no operating motor vehicles for 24 hours
  - ii. Children: No play dates, no bicycles, no swings, no running or jumping, etc.
- d. Please ensure the patient has assistance as their motor coordination may be affected.
  - i. For example, walking, going up or down stairs, using the restroom.

### 2. Diet

- a. Please continue intake of clear fluids (water, Gatorade, ginger ale). It is important that the patient stay well hydrated.
- b. If fluids have not caused any nausea, you may move to SOFT FOODS (mashed potatoes, scrambled eggs, soups, etc.). Please keep initial portions small and work into larger portions later into the day.
- c. If the patient is experiencing nausea or vomiting, please stay on clear liquids. Do not hesitate to contact us if you feel the patient is becoming dehydrated.

### 3. Pain relief

- a. The patient may have discomfort as a result of treatment. Over the counter (OTC) medications are encouraged to help minimize any post-operative pain. Example of OTC medications:
  - i. Acetaminophen (Tylenol)
  - ii. Ibuprofen (Motrin/Advil)
  - iii. Please follow dosage instructions on the bottle
- b. Do not give any PRESCRIPTION PAIN MEDICATIONS (i.e. Codeine, Vicodin, Percocet, etc.) unless instructed by your doctor.

### 4. Low – Grade fever

- a. A low – grade fever may be a side effect of your anesthesia
- b. Please ensure adequate hydration, as dehydration can cause fevers.
- c. Do not hesitate to give Tylenol or Ibuprofen to help lower the fever.
- d. If fever persists or temperature becomes higher, contact us for further instructions.

**Please contact us without any hesitation if you have questions regarding recovery!**