

Pre-Anesthesia Instructions for Patients

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 followed.

5 years of age and older: No solid foods for eight (8) hours prior to appointment.
Water or apple juice ONLY may be taken up to three (3) hrs prior to appt.
Nothing may be taken for three (3) hours prior to appointment.

Under the age of 5: No solid foods for six (6) hours prior to appointment.
Water or apple juice ONLY may be taken up to three (3) hrs prior to appt.
Nothing may be taken for three (3) hours prior to appointment.

Diagnosis

Please remember, we make every effort to estimate your treatment and co-pays, however, treatment may always change at the time treatment is completed. This is due to having x-rays taken and/or a more accurate diagnosis as the child will be still and cooperative. This can either lower your total co-payment estimate or also make it higher. All co-pays will still be due in full at the appointment. You will always be notified before we do any additional treatment and be offered to consent or decline.

Clothing

Please have the patient wear a short sleeve shirt. Children should bring a light blanket. For children who do not wear a diaper or pull up, a change of clothes should be available. Do not wear make-up, nail polish or false eyelashes. Contact lenses should be removed before anesthesia.

Change in Health and Medications

A change in health especially the development of cold or fever is extremely important. Please notify our office if there is any change in the child's health. Prescription medications should be taken as scheduled unless previously indicated by your doctor and may be taken only with a sip of water.

Instructions to Follow

A parent/guardian must accompany the patient to the office and remain during the procedures. It is best for one parent/guardian to spend the rest of the day with your child. Also, we kindly request that all siblings remain in the care of another adult, as your child will need your full attention during the sedation and recovery process. If you do not have an adult to leave the sibling with, please bring with you another adult to care for the sibling.

Questions

Prior to your appointment the anesthesiologist will contact you to review preoperative instructions and to answer any questions. If you would like to discuss your anesthetic before this appointment, you may contact our office for your anesthesiologist's phone number. The anesthesiologist will sometimes vary by appointment date.

Post-Anesthesia Instructions for Patients

Pain or Fever

Muscle aches and 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. For children 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, yogurt, scrambled eggs, mashed potatoes and soups. If your child is not hungry, do not force feed him/her to eat but encourage drinking liquids for the next twenty-four (24) hours.

Activity

Do not 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 your child to swim, bike ride, or playing with other children. Place a blanket on the floor for the child to sleep and observe him/her closely.

IF YOU HAVE ANY QUESTIONS PLEASE PAGE

Dr. Mashni at 800-503-4137 or Dr. Park at 800-728-6768 or Dr. Christine Quinn at 800-233-7231 ID#13926