

## Post-Anesthesia Instructions

- **Recovery from Anesthesia**

You will be invited to sit with the patient during recovery from anesthesia. They will most likely be asleep when you are escorted to recovery. You may notice markings on the skin from medical tape that was used to secure vital sign monitors, IV, and oxygen supply. These markings are only temporary and will disappear with time. Also, you may expect the lips to be swollen. It is normal to have some mild pain and bruising at IV and injection sites.

Most people find waking up from anesthesia to be unpleasant, especially children. Most people feel tired, weak, cranky, and upset. Patients may also experience dizziness, blurred vision, dry mouth, crying, shivering, numbness, itchy nose and/or eyes, and general frustration about not feeling "normal". All of these side effects will resolve with time. Fortunately, medicine induced amnesia prevents most patients from remembering the uncomfortable feeling of waking up from anesthesia.

- **Eating and Drinking**

Limit oral intake to liquids for the first few hours. Begin with water and follow with sweet liquids such as sports drinks, clear juice as tolerated. If teeth were extracted, do not use a straw. Food can be consumed following liquids as tolerated. Suggestions include applesauce, mashed potatoes and soups. Please stay away from heavy or greasy foods today. If your child is not hungry, do not force him/her to eat but encourage as much liquid as tolerated.

- **Activities**

Do not drive and/or engage in moderate to elevated level physical activity for 24 hours or until the effects of the anesthesia have completely subsided. Judgement may also be impaired during this time. For children, do not allow them to swim, bike, skate or play with other children until fully recovered. Place a blanket on the floor or couch for the child to rest and observe him/her closely.

- **Pain or Fever**

Muscles aches and a sore throat may occur similar to the flu following anesthesia. These symptoms are very common and will usually disappear within 24 to 36 hours. Medications such as Tylenol (Acetaminophen) and Advil (Ibuprofen) are usually very effective and should be taken at the first sign of pain, if normally tolerated. Please use as directed for patient age and weight. For children, a fever of up to 101 degrees Fahrenheit may develop for the first 12 hours.

- **Medications**

Resume taking any prescribed medications once fluids are tolerated. If you received prescriptions for the procedure, take those as directed following the appointment.

- **Seek Advice**

If vomiting occurs and persists beyond 5 hours, if temperature remains elevated beyond 24 hours, or if you have other serious concerns following anesthesia, **please contact Arizona Anesthesia for Dentistry at (520) 222-7667**. If there is no answer, please leave a message and we will promptly return your call. In the event of a serious medical emergency, please call 911.