

## Pre-Anesthesia Instructions

1. Fasting before surgery helps prevent nausea and vomiting. You may have a light breakfast 4 hours and small amounts of clear liquids (water, apple juice, Gatorade or have a Popsicle) two hours before your scheduled time of arrival. Failure to comply will be cause for your case to be rescheduled and deposits forfeited.
2. Take any medicines as instructed with only a sip of water. Bring any inhalers prescribed for asthma with you.
3. Bathe before your scheduled appointment.
4. Remove any and all jewelry, contact lenses, and makeup.
5. Wear loose, short-sleeved clothing.
6. Arrange girls' long hair in pigtails. (Ponytails and loose hair make head positioning more difficult.)
7. Arrive 10 minutes prior to your scheduled time, use the restroom, get weighed, and finish filling out all paper work.
8. Be prepared or make arrangements to pay for anesthesia.
9. If the patient becomes ill, develops a cough or sore throat, or has a temperature over 100.0 degrees, notify the dentist as soon as possible to reschedule your appointment.
10. Parents, please refrain from bringing other children to the office on the day of surgery. Your child needs your complete attention. You will not be allowed to be with your child in the room where the dentistry is being performed. Please remain in the waiting area until you are invited to be with your child in the recovery room.
11. Please refrain from planning other activities close to your dental appointment as you may be asked to arrive one to two hours earlier or later to accommodate last minute changes in the day's schedule.

## Post-Anesthesia Instructions

1. Go home and rest. The patient may be dizzy or blurry-eyed for two to three hours after you return home. Children should be closely observed and not allowed to walk until balance is stable.
2. Do not drive or perform any rigorous activities or make important cognitive decisions for 24 hours after anesthesia. Children may attend school or other activities the day following anesthesia.
3. Begin eating and drinking as tolerated. Start with water, clear juices, Popsicles, or Gatorade for the first two hours. Advance to soft foods such as gelatin, yogurt, or pudding for the next two hours and then advance to a regular diet if not nauseated.
4. Understand that normally the patient may be dizzy, sleepy, or sick to their stomach for two to four hours after anesthesia.
5. Call the dentist if any of the following occurs: uncontrolled bleeding, swelling, excessive pain, fever greater than 100 degrees, nausea or vomiting for more than 2 hours, sleepiness or dizziness lasting more than 6 hours, rash or flushed skin worsening with time, or dehydration.
6. Call 911 or go to the nearest hospital emergency room if the patient exhibits slow, shallow breathing or difficulty with breathing or swallowing or if patient is difficult to arouse.

\_\_\_ Pain medicine in the Ibuprofen family (Toradol) was given to the patient at \_\_\_\_\_. You may give Tylenol (Acetaminophen) after three hours or Motrin (Ibuprofen) in six hours. You may repeat these medicines every six hours as needed or every four hours if alternating between the two different medicines for one to two days.