



## SWEET DREAMS

### Pre-Anesthesia Instructions

- **Fasting before anesthesia is essential for patient safety and prevention of aspiration.** Failure to follow fasting instructions will require cancellation of anesthesia, and require you to reschedule your appointment. Deposits paid for the procedure may be forfeit.
  - **Pediatric patients (0-12 years old)** : May eat a light meal 6 hours before procedure start, breast milk 4 hours before, and small amounts of clear liquid (such as water, Gatorade, or apple juice) no sooner than 2 hours before the scheduled procedure start time.
  - **Adult patients:** May eat a light meal 8 hours before the procedure starts, and small amounts of clear liquid (such as water, Gatorade or apple juice) no sooner than 2 hours before the scheduled procedure start time.
  - Patients with a strong history of gastric reflux or gastric motility problems should fast from food and liquid for 10-12 hours before the scheduled procedure start time.
- Take prescribed medications as instructed with a small sip of water at regular prescribed time. Bring respiratory inhalers, diabetes testing supplies and insulin with you to your appointment if applicable.
- Wear loose clothing with short sleeves to your appointment. You will receive an IV in your arm. Pediatric patients may receive an injection in their arm as well. Short sleeved clothing will facilitate IV or injection administration and will allow for easier vital sign monitor placement. It is recommended that you remove jewelry, makeup, and contact lenses prior to your appointment.
- If you are currently ill, have a fever of 100 °F or greater, a productive cough, sore throat, excessive nasal congestion, or have had a recent significant change in health, we may need to wait until you have returned to your normal health. Please contact your doctor to reschedule your appointment.
- Make arrangements for a responsible adult to drive you home after anesthesia.
- Parents, please make arrangements for your other children to be cared for on the day of your child's procedure. Your child will need your full attention and care. Please note that parents will not be allowed in the surgical suite during the procedure.
- Be prepared to pay for anesthesia on the day of service.

### After Anesthesia Instructions

- It is normal to experience dizziness, blurred vision, drowsiness, eye twitching, confusion, or forgetfulness after anesthesia. Although less common, some patients will have mild nausea, vomiting, mild fever (less than 100 °F), or mild skin rashes after anesthesia. Any of these symptoms are normal and should end in 2-4 hours.
- Abnormal symptoms include nausea or vomiting lasting more than 6 hours, uncontrolled bleeding, fever greater than 100 °F, excessive pain, lack of appetite, or excessive sleepiness 6 hours after the procedure. Please call your Doctor or Anesthesia Provider if these conditions occur.
- Call 911 or go to the nearest hospital if the patient has difficulty breathing, or a sudden change in alertness or is difficult to arouse. These symptoms may be signs of serious emergency conditions.
- You may begin eating and drinking as tolerated. We recommend you start with liquids and soft foods and then work back into a regular diet. If you become nauseated, return to liquids and soft foods.
- Go home and rest after your procedure. You will have poor balance and impaired mental judgment after anesthesia, and will require a responsible adult to supervise you. Avoid driving a vehicle, climbing, playgrounds, swings, bicycle riding, or other activities requiring muscle coordination and mental judgment. Children should not attend school on the day of anesthesia. Return to normal activities the day after anesthesia.
- You may take Acetaminophen (Tylenol) and/or Ibuprofen (Advil/Motrin) for pain control after your procedure if recommended by your doctor. Take these medications as directed on the medication package. These medications can be taken together every 6-8 hours. You may also alternate between these medications every 3-4 hours.
  - You received Toradol in your IV @ \_\_\_\_\_
  - Acetaminophen (Tylenol) can be taken @ \_\_\_\_\_
  - Ibuprofen (Advil / Motrin) can be taken @ \_\_\_\_\_
- Please call the number at the top of this form for questions or concerns. Thank you for letting us care for you.