



Post-Op Anesthesia Instructions

Activity

For the first few hours after anesthesia you should be monitored constantly and should ideally be in a semi-reclined position. Please refrain from any strenuous or rigorous activity during the first 24 hours after anesthesia. Rest is very important during this time, take every opportunity to do so. Your judgement may be impaired, we ask that you not make any significant decisions, sign any legal documents and refrain from posting on social media. Do not operate any machinery including but not limited to vehicles, bicycles, scooters etc. You may experience lightheadedness or dizziness when sitting up, standing or moving around. Please have someone assist you in these movements to avoid any falls.

Children should be transported in a car-seat with an adult seated next to them on the ride home, for the child's safety.

Eating

When you feel the desire to eat or drink, start with clear liquids (water, clear Gatorade or apple juice) only. If you experience any cough or have to clear your throat while drinking, please wait 30 min before attempting to drink again. As you feel more recovered you can increase the consistency you are eating starting with clear liquids and increasing to applesauce, Jell-o, and finally mashed potatoes. If you are able to consume mashed potatoes without coughing or clearing your throat you may resume a normal diet. However, it is recommended that you refrain from eating any greasy, fatty or high protein content foods, this includes any milk products, during the first 24 hours as this may cause an upset stomach and nausea. It is important to rehydrate after anesthesia; we encourage you to drink as often as possible. No alcoholic beverages should be consumed during the first 24 hours after anesthesia. Nor should alcohol be consumed while taking any prescription pain medications.

Health and Medications

Common inconveniences after anesthesia can include a sore nose, sore throat, low grade fever, muscle aches, bruising at the IV site and nausea.

A **sore nose, sore throat and low-grade fever** will subside on their own within a few days.

Muscle aches can be treated with over the counter medications such as Tylenol and Ibuprofen. We recommend **Tylenol Rapid Release gels** and **Advil Mini liqui-gels** as they are easy to swallow and fast acting.

Your dentist may prescribe other medications to help with discomfort after the procedure, please take those as directed. If needed, please follow instructions below regarding when you can start taking medications.

Tylenol/Acetaminophen
(dose per package instructions)

Ibuprofen/Advil/Motrin
(dose per package instructions)

Immediately Begin at _____ am/pm

Immediately Begin at _____ am/pm

***Children, please use pediatric dosing as indicated on the box.**

Bruising where the IV was placed is not uncommon. This will take a few days to go away but is usually insignificant. If redness, swelling or heat at the IV site persist please contact us immediately.

Nausea and vomiting are common inconveniences after anesthesia. You will receive medications through the IV that will help reduce the chance of nausea and vomiting. You will also receive an anti-nausea wrist band to be worn for the first 12 hours. Even with these treatments you may still experience nausea and vomiting. These symptoms usually subside within 24-48 hours. The risk of nausea and vomiting may be increased by eating greasy, fatty or high protein content foods, this includes any milk products. Please avoid these foods for the first 24 hours. You may also try sipping on ginger ale, sprite or 7-up to help calm your stomach.

Please call Dr. Walbom if you have any questions or concerns (903) 814-8441.

In case of an emergency, please call 911