

## **POST-ANESTHESIA INSTRUCTIONS**

### **ACTIVITY:**

1. Plan to have the rest of the day off.
2. Refrain from strenuous activity for the remainder of the day and do not return to work or school.
3. Do **NOT** drive a car or operate machinery of any kind until the following day.
4. Do **NOT** prepare or cook food.
5. Do **NOT** drink alcoholic beverages.
6. Do **NOT** make any important decisions or sign important documents.
7. Children must refrain from active play during the day and be carefully observed by a responsible adult for the remainder of the day.
8. If your child desires to sleep immediately after returning home, have your child sleep either on side or stomach

### **FOOD:**

1. When you feel you are ready, start with clear liquids, popsicles, or light soft foods as tolerated. Use your judgment to gradually progress to more substantial foods. Drink plenty of fluids.
2. If your child has had dental crowns performed on the day of surgery, it is recommended that the child eats a soft diet for the next 2-3 days

### **MEDICATIONS:**

1. Resume taking any prescription medication as directed.
2. Take any prescribed pain medication as directed. Do **NOT** take pain medication on an empty stomach

Tylenol \_\_\_\_\_

Ibuprofen/Motrin \_\_\_\_\_

**PLEASE CONTACT YOUR ANESTHESIOLOGIST WITH ANY QUESTIONS OR PROBLEMS (252-213-8484)**