



CarePoint Anesthesia

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## POST OPERATIVE INSTRUCTIONS FOR PEDIATRIC PATIENTS UNDERGOING GENERAL ANESTHESIA

*Your child has undergone general anesthesia in addition to dental procedures today. Please read and follow the instructions listed below for the remainder of the day to maximize safety for your child.*

1. Do not leave your child alone, even for a moment, for the next 6 to 8 hours. The medication your child has received today may continue to have lasting effects THAT MAY VARY for this time period. Although your child has met adequate discharge criteria before leaving the dental office, occasionally factors such as food intake, changes in environmental stimulation, resolution of pain and other factors may cause your child to be somewhat sleepy or uncoordinated. Check on your child often if he/she falls asleep. It is normal for a child to want to rest for the remainder of the day, however, it is important to be extra attentive that your child's head position facilitates ease of breathing. This means your child's chin should not be dropped down to the chest, as this may obstruct the airway.
2. Do not allow your child to participate in physically demanding activities (sports, etc.). Although your child may appear to be fully awake and alert and requesting to participate in such activities, coordination and the ability to react and respond during physical activity may continue to be impaired and lead to unintended injuries.
3. It is recommended that clear liquids are given or offered as soon as possible as your child requests and tolerates it. Other liquids and food should be advanced as the child tolerates it. Sometimes your child may vomit or become nauseous as food and liquid are given – this is why it is important to start to clear liquids first to ensure they can tolerate the next level of intake. Encourage as much fluid intake as possible throughout the day as this will help your child recover from the medications he or she has received. IT IS IMPORTANT THAT YOUR CHILD NOT BECOME DEHYDRATED. The lasting effects of the medications combined with a state of dehydration is a dangerous situation.
4. Pain control strategies will have been discussed prior to discharge. It is important to follow these instructions carefully. Typically, over the counter acetaminophen (Tylenol) or ibuprofen (Motrin, Advil) are okay to consume as directed by the manufacturers recommendations as needed for pain.
5. As long as your child's mouth is still numb from the local anesthetic you should not give hot beverages or hard food. Similarly, watch for lip/cheek/tongue biting or picking around the mouth. The patient may not feel that s/he is traumatizing the tissues of the mouth and an ulcer could develop. The numbness generally lasts 3-4 hours.

Please call our 24 hour number if any of the following are observed:

1. Your child still appears sleepy and lethargic and 'not normal self' after 6 hours
2. Persistent nausea or vomiting (vomiting once or twice is normal, but extended bouts of vomiting is not normal)
3. Your child begins to behave strangely
4. There is persistent, excessive bleeding
5. Your child develops a high fever (above 100 degrees F) or rash
6. Your child continues to experience pain that is not relieved by over the counter medication

CALL 911 IMMEDIATELY if you observe the following:

1. Your child is unresponsive – unable to be awakened or will not follow commands
2. Your child has difficulty breathing
3. Your child has a seizure
4. IF YOU ARE CONCERNED ABOUT THE IMMINENT SAFETY OF YOUR CHILD

**Our 24 hour numbers are listed below. Do not hesitate to call if you have any questions regarding the safety of your child.**

**CarePoint Anesthesia Group:**

**Dr. Jackstien (720) 606-4220 ext 3 (Espanol)**

**Dr. Yen (720) 606-4220 ext 4**

**Dr. Smith (720) 606-4220 ext 6**

**Dr. Croft (720) 606-4220 ext 7**

**Dr. Moezzi (720) 606-4220 ext 8 (Espanol)**

**Dr. Mendoza (720) 606-4220 ext 10**

**Dr. Rees (720) 606-4220 ext 12**