

## **PRE-ANESTHESIA INSTRUCTIONS FOR PATIENTS**

### **Eating or Drinking**

**FAILURE TO STRICTLY FOLLOW THESE INSTRUCTIONS COULD RESULT IN ASPIRATION AND MAY BE FATAL.**

For anesthesia it is extremely important that patients have an empty stomach, and the following instructions are to be followed.

Age 5 and older:           No solid foods for eight **(8) hours** prior to appointment.  
Water **ONLY** may be taken up to three (3) hours prior to the appointment.  
Nothing may be taken for three (3) hours prior to appointment.

### **Clothing**

Please wear a loose short sleeve shirt. Do not wear makeup, nail polish, or false eyelashes. Contact lenses must be removed before anesthesia.

### **Change in Health and Medications**

A change in health, especially the development of a cold or fever, is extremely important. Please notify Dr. Jahromi if there is any change in your health. Prescription medications should be taken as scheduled unless previously indicated by Dr. Jahromi and may be taken only with a sip of water.

### **Designated Driver**

A responsible adult must accompany any patient to the office and remain during the procedures. Do not plan on driving or making decisions for twenty-four (24) hours after the anesthesia. Arrange to have a responsible adult to spend the rest of the day with you.

### **Questions**

Prior to your appointment Dr. Jahromi will contact you to review preoperative instructions and to answer any questions. If you would like to discuss your anesthetic before this appointment, you may call Dr. Jahromi at (949) 929-9326.

## **POST-ANESTHESIA INSTRUCTIONS FOR PATIENTS**

### **Pain or Fever**

Muscle aches and a sore throat may occur similar to the flu. It is very common after general anesthesia and will usually disappear within 24 to 36 hours. Drugs such as Tylenol and Advil are usually very effective and should be taken at the first sign of pain, if normally tolerated. For children a fever of up to 101 degrees Fahrenheit may develop for the first 12 hours. Tylenol elixir every 3 to 4 hours with plenty of liquids will tend to alleviate this condition as well as treat any post-operative discomfort.

### **Diet**

Limit oral intake to liquids for the first few hours. If teeth were extracted, do not use a straw. Initially, limit intake to clear liquids such as water, apple juice, or Gatorade. Once clear liquids are tolerated, slowly allow the patient to try soft foods. Suggestions include applesauce, scrambled eggs, mashed potatoes, and soups. Avoid dairy products and citrus juices for the remainder of the day, as these may cause nausea and vomiting.

### **Activity**

Do not drive or engage in moderate to high physical activity for 24 hours or until the effects of the anesthetic have subsided completely. Judgment may be impaired during this time as well so do not allow your child to swim, bike ride, or play with other children. Place a blanket on the floor for the child to sleep and observe him/her closely.

**If you have any questions, please call Dr. Jahromi at (949) 929-9326.**