

Post-Anesthesia Instructions

What to Expect

Most people find waking from anesthesia to be generally unpleasant. Most children feel tired, weak and cranky. They may experience dizziness, blurry vision, numbness, itchy nose and/or eyes, dry mouth, and a general frustration about not feeling “normal”. All of these side effects will resolve with time. Fortunately, the medicine used for anesthesia causes amnesia and prevents most patients from remembering this.

Pain or Fever

Muscle aches and a sore throat are a possible side effect, similar to the flu and usually disappear within 24 to 36 hours. Over the counter Tylenol and Advil are effective and should be taken at first sign of pain. For children a fever of up to 101° Fahrenheit may develop in the first 12 hours. Tylenol every 3 to 4 hours and lots of fluids will help to alleviate this condition, as well as any post-operative discomfort.

Activity

At home, your child may return to normal activity as early as 1 hour or they may continue to be drowsy for 3-4 hours. Your child may prefer to nap until the unpleasant side effects wear off. Either way, please do not allow your child to swim, bike, or attempt other outdoor activities for the remainder of the day.

Diet

Once you are home your child may have liquids to drink. Water, Gatorade, Apple Juice, and clear sodas re best. Please wait until your child tells you they are hungry before giving them solid foods. Avoid dairy products and citrus juices for the first 3-4 hours. This is the best way to avoid post-op nausea and vomiting. If your child is not hungry, do not force them to eat but encourage lots of fluids for the next 24 hours.

If you have any anesthesia related questions please contact Dr. Clark at 310.502.5068