



Post- Anesthesia Care Instructions – Child

The purpose of these instruction is to provide parents or guardians with information and guidelines to follow -after the procedure. Your child has received medication that can alter her/his perception, memory and coordination. Though full recovery is expected within the day of the procedure, effects of these medications can continue for up to 24 hours. By following these instructions, an uneventful recovery is expected. **The following categories will address specific issues pertaining to recovery.**

ACTIVITY:

- Provide help and assistance when moving- move slowly.
- Allow your child to move on their own-do not force them or move them excessively- rocking, swaying can cause nausea and vomiting.
- Close supervision is important to ensure the safety of your child.

MEDICATION:

- Resume taking any prescribed medication once fluids are being tolerated.
- If prescriptions were given for the procedure, take as directed.
- Over the counter pain relievers like Tylenol or Motrin are very helpful to take, especially if your child develops a temperature.

EATING AND DRINKING:

- Liquids may be consumed as soon as possible. Begin with frequent small quantities of clear fluids-water, Pedialyte, Gatorade. NO dairy products at first.
- Progress slowly from liquids to soups to solid foods. Increase the diet as tolerated depending on the response of your child.
- Taking your time increasing your child`s diet will help to avoid nausea and vomiting.

EXTRAS:

- On occasion, it is possible to see one or more of the following:
 - Nausea and Vomiting- this is best avoided by minimizing or avoiding external movement (rocking, swaying) and slowly introducing your child to fluids as well as slowly progressing their intake from liquids to solids.
1. Elevated Temperature- may be noticed during recovery, though this will resolve with time, it is OK to give medication like Tylenol or Motrin once your child is tolerating fluids.
 2. Fast Heart Rate- this is the result of medication given and will go away with time. If it persists more than 2 hours, please call the office.
 3. Red areas on the face and/or body- this is also result of medication given and will go away with time. If it persists more than 2 hours, please call the office.

**If there are any problems experienced that were not discussed above
or problems or difficulties are continuing,
please call the office at the number listed above.**

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