

## PRE-ANESTHESIA INSTRUCTIONS

**These instructions must be read and strictly adhered to before commencing with sedation or general anesthesia. Neglecting any of the following may compel the doctor to cancel the treatment and a cancellation fee of the full estimated anesthesia charges will apply.**

### ***Eating & Drinking***

The patient may not eat for at least eight (8) hours before the scheduled appointment, but he or she may consume small quantities (2 oz) of clear liquids until 2 hours before the appointment. Clear liquids are defined as water, soda, or apple, grape, or cranberry juice.

### ***Medications***

Prescription medications should be taken as scheduled (unless you are directed not by either myself or your physician) and are to be taken only with a sip of water.

### ***Clothing***

Please dress in comfortable, loose clothing and bring a blanket that can be easily washed if soiled by bodily fluids

### ***Change in Health***

A change in your health, especially the development of a cold or fever, is very important and may cause the treatment to be postponed.

### ***Other***

You must be accompanied to the appointment by a responsible adult or, in the case of a minor, a parent or legal guardian. Do not take a bus or taxi. Arrangements must be made to have the patient under direct supervision for a minimum of 24 hours after discharge. California law requires the use of a car seat for all children under the age of six years or weighing less than 60 Lbs.

## POST-ANESTHESIA INSTRUCTIONS

### ***Getting Home***

The patient must be accompanied by a responsible adult or, parent/legal guardian in the case of a child, and arrangements must be made to contact a responsible adult/parent/legal guardian at the time of discharge. Do not plan to drive a vehicle or operate potentially dangerous equipment for twenty-four hours after your treatment. You will not be allowed to leave alone by bus or taxi.

### ***Home***

A responsible adult/parent/legal guardian must be with the patient until the next day.

### ***Pain or Fever***

Muscle aches and a sore throat may occur (similar to the flu) after general anesthesia, but will usually disappear within 24 to 36 hours. Drugs such as ibuprofen or acetaminophen are usually very effective and should be taken at the first sign of pain (if normally tolerated). DO NOT USE ASPIRIN! Mild fever may develop in children during first 12 hours. Acetaminophen or ibuprofen every 4 hours with plenty of liquids will tend to alleviate this condition as well as treat post-operative discomfort.

### ***Eating and Drinking***

Limit oral intake to clear liquids for the first few hours. If teeth were extracted, do not use a straw. Soft food is well tolerated the first day. Suggestions include applesauce, yogurt, scrambled eggs, mashed potatoes, and soups. If the patient is not hungry, do not force her or him to eat, but do encourage liquid consumption. Please refrain from alcohol or any recreational drugs for 24hrs post-operatively.

### ***Activity***

Do not participate in strenuous physical activity for 24 hours or until the effect of the anesthetic have subsided completely. Judgment may be impaired during this time, therefore do not sign any binding legal documents for the subsequent 24 hrs after the end of the anesthetic. For children; 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.

### ***Seek Advice if:***

Please call Dr. Hussain at 310-765-4066 or 877-378-3389 if:

Vomiting persists beyond 2 hours.

The temperature remains elevated beyond the first 6 hours or exceeds 101 degrees Fahrenheit, or, any other matter causes you concern.

