

## **INSTRUCTIONS TO PATIENTS RECEIVING SEDATION/ANAESTHESIA**

### **AFTER SURGERY**

1. It usually takes approximately 30-60 minutes after surgery before the patient can go home safely. It is not uncommon for the patient to feel dizzy and disoriented when upon awakening. Children frequently cry, even if they do not experience any discomfort. The intravenous catheter will remain in place until the patient is fully awake.
2. Children often get very irritable after they have extensive dental work, especially with placement of crowns. This is a result of their bite feeling different and will usually resolve after a couple of days when they get used to it.
3. **A responsible adult must accompany the patient home and someone has to stay with the patient for the first 24 hours. The companion must be at the patient's side on the ride home (i.e. NOT be driving the car and leaving the patient unattended in the back of the car). For most children (and some adults) there will need to be two individuals coming with the patient!**
4. Some patients (especially older patients and patients with certain medical conditions and mobility issues) may experience some dizziness after the anesthesia, particularly when getting up from the sitting position (and starting to walk). It is important that the responsible adult being at their side is capable to support the patient to prevent any falls and injuries! In some households this may require an additional second adult person to be with the patient.
5. Patients should rest at home for the post-operative period (24 hours). **DO NOT WORK, DRIVE, OPERATE HAZARDOUS MACHINERY OR MAKE IMPORTANT DECISIONS FOR 24 HOURS FOLLOWING ANAESTHESIA.** A responsible adult must be with the patient. Children must not participate in activities that may cause injury, i.e. running, riding a bicycle.
6. The patient should not be allowed to fall asleep in an upright position (i.e. car seat, stroller) on the day of surgery to prevent the possibility of air passage obstruction.
7. The patient should drink plenty of fluids (water, juice) after anaesthesia but should **not drink alcoholic beverages or take sedative medication for 24 hours after surgery.**
8. If the patient is not experiencing any nausea or vomiting, he/she may eat solid food as tolerated (please begin with easily-digested foods).
9. A sore throat or sore nose (with small amounts of blood, especially nose bleeds) is common after anaesthesia and will resolve on its own. Some muscle ache in the neck and shoulders is also common.
10. Take medications as advised. Unless instructed otherwise, Tylenol or Motrin can be used to control pain. The surgeon/dentist will usually write a prescription for additional pain killers as needed.
11. The area where the intravenous catheter was placed may be sore and bruised for a few days after surgery. Should this persist or worsen, please call us.
12. A slight rash in the face may be visible where tape was applied (as well as where the cardiogram stickers were placed – usually shoulders and abdomen).

13. Especially children may at times complain about ‘burning in the eyes’ which can be the result of them having rubbed and scratched their eyes during the wake-up phase. These symptoms usually resolve with conservative treatment over the first 24-48 hours.
14. For follow-up with the dentist/surgeon please call his/her office as instructed.
15. If necessary contact or visit your family physician, local walk-in clinic or the nearest emergency room. Please also call us for any concerns or unexpected events (we will attempt to return your call as soon as feasible, however please do not delay seeking medical attention while waiting for our return phone call as we may be busy with other patients or not be available, especially after hours or on weekends and holidays), i.e.:
  - i. if the patient vomits beyond 4 hours after anaesthesia
  - ii. if the patient does not pass urine
  - iii. if the patient develops a fever over 38.5°C
  - iv. if there is any difficulty breathing
  - v. if there is any significant bleeding
  - vi. if there is severe pain, not relieved with rest and medication
  - vii. if the patient has to go to the emergency room or seek medical attention related to the surgery or anesthesia
  - viii. if there are any other unexpected events or concerns.
16. Please take a less than one minutes to tell us about your anesthesia experience today (simply scan the QR code below and follow the questionnaire)

Your anesthesia doctor today was: \_\_\_\_\_

Your nurse today was: \_\_\_\_\_

