

# **Dr. Andrea Fonner, DDS, PLLC**

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## **Pre-Anesthesia Instructions for Children**

### **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:

No solid foods (including milk) for eight (8) hours prior to appointment.

Breast milk ONLY may be taken up to four (4) hours prior to appointment.

Clear liquids (water, apple juice, jello, Gatorade) may be taken up to two (2) hours prior to appointment.

Nothing may be taken for two (2) hours prior to appointment.

### **Clothing**

Children should be in shorts or sweatpants or pajamas with a short-sleeved shirt; do not have them in jeans. Children should also bring a light blanket. For children who do not wear a diaper or pull up, a change of clothes should be available.

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

A change in health, especially the development of a cold or cough, is extremely important. Please notify the dental office if there are any changes in your child's health.

### **Parent/Legal Guardian**

A parent or legal guardian must accompany the child to the office and *remain* during the procedure. A responsible adult must spend the rest of the day with your child. Do not plan on taking them to school or to daycare at any point on the day of the procedure.

### **Questions**

If you would like to discuss your anesthetic before your appointment, you may call Dr. Fonner at (206) 579-5163.

## **Post-Anesthesia Instructions for Children**

### **Pain or Fever**

Muscle aches and a sore throat may occur after the procedure. It is very common after general anesthesia and will usually disappear within 24 to 36 hours. Drugs such as Tylenol (acetaminophen) and Advil (ibuprofen, Motrin) 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**

Initially, limit intake to clear liquids such as water, apple juice, or Gatorade. If teeth were extracted, do not use a straw. Once clear liquids are tolerated, slowly allow the patient to try soft foods. Suggestions include popsicles, applesauce, yogurt, scrambled eggs, mashed potatoes, and soups. If your child is not hungry, do not force him/her to eat but encourage as much liquid for the next twenty-four (24) hours.

### **Activity**

Limit physical activity until the effects of the anesthetic have subsided completely. Judgment may be impaired during this time as well. Do not leave your child unsupervised for the first couple of hours. If they try to get up and walk on their own, they may fall and get hurt. Stay by their side until the effects of the anesthetic have subsided. This can take up to 4 hours.

**If you have any questions, please call Dr. Fonner at (206) 579-5163.**