

Post-Anesthesia Instruction Sheet

Activity:

- 1- Plan to have the rest of the day off.
- 2- Refrain from strenuous activity for the remainder of the day and do **not** return to work or school.
- 3- Do **not** drive a car or operate heavy machinery of any kind until the following day.
- 4- Do **not** prepare or cook food.
- 5- Do **not** drink alcoholic beverages.
- 6- Do **not** make any important decisions or sign important documents.
- 7- All patients must be accompanied by a responsible adult for the remainder of the day.
- 8- **Children** must refrain from active play during the day and be carefully observed by a responsible adult for the remainder of the day.

Food:

- 1- When you feel you are ready, start with clear liquids, popsicles or light soft foods as tolerated. Use your judgment to gradually progress to more substantial foods. Drink plenty of fluids!
- 2- Fluid intake and good nutrition are very important for the child patient. Use your judgment as to when the child appears ready, and begin with sips of clear liquids or a popsicle. Gradually progress to a soft diet as tolerated. Encourage the child to drink plenty of fluids during the day.

Medications:

- 1- Resume taking any prescription medications as directed.
- 2- Take any prescribed pain medication as directed. Do not take pain medication on an empty stomach