



## PRE/POST – ANESTHESIA INSTRUCTIONS FOR PATIENTS

### **Pre-Anesthesia Instructions for Patients**

#### **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 for six (6) hours prior to appointment. Water or apple juice ONLY may be taken up to three (3) hours prior to appointment.

#### **Clothing**

Wear appropriate, comfortable clothing such as a loose short sleeve shirt. Several monitoring devices will be utilized including a blood pressure cuff (generally on the upper arm), and a finger sensor, will be placed. **Please remove nail polish from at least two fingers.** Do not wear makeup, or false eyelashes. Contact lenses must be removed before anesthesia.

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

A change in health, especially the development of a cold or fever, is extremely important. Please notify Dr. Hamidi's office if there is any change in your health. If you take any medication(s) (such as high blood pressure, heart problems or diabetes), take them as usual. The medication(s) may be taken with only a sip of water, unless otherwise instructed by Dr. Hamidi.

#### **Designated Driver**

A responsible adult must accompany you (the patient) to the office and remain on the premises during the procedure. You must have a ride home from the procedure, in a vehicle where you may recline or lie down with a proper restraint (seat belt, car seat, etc.). Do not plan on driving or making decisions for twenty-four (24) hours after the anesthesia. Arrangements must be made to have an adult supervision for the remainder of the day and possibly through the night, depending upon the patient and procedure. Assume this is the case unless told otherwise.

#### **Questions**

Prior to your appointment, Dr. Hamidi and staff will review preoperative instructions and answer any questions.

### **Post-Anesthesia Instructions for Patients**

#### **Pain/Fever Management and Medications**

Muscle-aches and a sore throat may occur similar to the flu. It is very common after anesthesia and will usually disappear within 24 to 36 hours. A fever of up to 101 degrees Fahrenheit may develop for the first 12 hours. Tylenol with plenty of liquids will tend to alleviate this condition as well as treat any post-operative discomfort.

You will receive pain medicine intravenously during the procedure. Additionally, a long-lasting local anesthetic will be utilized which may result in numbness for 6-8 hours or more. Within about 4-5 hours, take over-the-counter (or prescribed by your surgeon) ibuprofen (trade name: Advil, Motrin) preferably, or acetaminophen (Tylenol) on a regular schedule. You may not feel this is necessary at this time but get it started so you are not chasing the pain later. If you are taking any prescribed medications (such as blood pressure, heart or seizure medications, etc.), they should be resumed as prescribed.

#### **Designated Driver**

You should be in a lying position for the ride home. You should remain lying down or reclining for the remainder of the day; the only exception is to go to the restroom. You must have someone accompany you into the restroom in the event you feels dizzy or lose balance. **Excessive motion (or sitting up) may cause dizziness and/ or nausea. If you feels dizzy, lie down immediately.**

#### **Diet**

Limit oral intake to liquids for the first few hours. If teeth were extracted, do not use a straw. Once liquids are tolerated (Protein shakes, Gatorade, and juices), slowly slowly try soft foods (e.g. applesauce, scrambled eggs, mashed potatoes, and soups).

#### **Activity**

Do not drive or engage in moderate to high physical activity for 24 hours or until the effects of the anesthetic have subsided completely. Judgment may be impaired during this time, so do not make serious, definitive decisions.

You should get plenty of rest the first 24 hours. There should be no outside activity for the remainder of the day. After that time, activity may be resumed based upon the surgery and other post-treatment considerations. A small percentage of patients may feel tired after the first day. This is generally due to inadequate fluid and nourishment intake. No operating machinery (cars, lawnmowers, etc.) or potentially dangerous toys (bicycles, scooters, etc.) for 24 hours. Additionally, no alcoholic beverages are to be consumed for at least 24 hours or while taking pain medicine.

#### **Side effects**

The side effect of any intravenous infusion seen most frequently is phlebitis. This side effect occurs in 2 to 4 percent of patients. Phlebitis is a raised, tender, hardened, inflammatory response, which can have onset from 24 hours up to two weeks after the procedure. The inflammation usually resolves with local application of warm (100 degrees), moist heat, yet tenderness and a hard lump may be present up to a year.

**Please Call Your Surgeon's office If You Have Any Questions or Concerns**

*In case of an emergency, please call "911"*

**AFTER HOURS EMERGENCIES ONLY: (949) 629-0365**