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Post-Treatment Instructions for General Anesthesia

After returning home, the child should rest for the first day and be carefully watched

Getting Home: A responsible adult must accompany the patient at time of discharge. Do not leave your child unattended for the first 24 hours after treatment. It is required by [State Law](#) to have children under the age of eight to ride in a car seat or booster seat and in the back of seat of the vehicle.

Pain: Muscle aches and a sore throat may occur, similar to the flu. This is nothing to be alarmed about. It is very common after general anesthesia and will normally disappear in 24-36 hours. Your child will be given pain medicine through their IV by the anesthesiologist. Over the counter medications such as Children's Ibuprofen and Children's Tylenol are acceptable. Be sure the child eats prior to taking medications. Aspirin is never recommended.

Temperature Elevation: Your child's temperature may become elevated to 100°F for the first 24 hours. You may provide Children's Ibuprofen and Children's Tylenol. **Please follow package instructions.** Drinking fluids will also alleviate this condition. Immediately notify the On-Call physician for temperatures of 102°F or above.

Nausea and Vomiting: Nausea and vomiting are the most common side effects of general anesthesia. It is very important to maintain fluid intake so that your child does not become dehydrated. You may give saltine crackers and alternate with water until nausea subsides. Then advanced to soft foods as tolerated.

Please call our office:

*If vomiting occurs and persisted and beyond four (4) hours.
If the temperature remains elevated beyond twelve (12) hours.
If a rash develops or you suspect an allergic reaction*

Eating and Drinking: The first liquids should be plain water. Make sure the child takes small sips at a time. If tolerated, advance to clear fruit juice or Gatorade. Food should be taken when desired; it should be a soft food diet.

** Soft diet examples: applesauce, Jell-O, soups, mashed potatoes, etc.*

We recommend that you **DO NOT** give milk, yogurt, or ice cream for the first 24 hours.

Children with Extractions: DO NOT use a straw, bottle, or sippy cup for 3-4 days. This is to ensure the bleeding has stopped and the extraction sites start to heal. Warm salt water rinses are recommended.

Crowns: Crowns for children are all premade and thus are not a perfect fit to every tooth. Because of this crown can come off. For the first two days your child must avoid: sticky foods, candy, suckers and gum which can pull off crown.

Brushing Teeth: It is important to keep brushing your child's teeth. We do not want any infection to occur in the gums or under the crowns. Brush in gentle circular motions.