



## Pediatric Post- IV Anesthesia Instructions

1. Drowsiness, dizziness, nausea, and vomiting are normal for up to 6 hours after anesthesia. If the nausea or vomiting persists or if your child is unable to eat or drink anything after 6 hours, please contact the anesthesiologist. Sleeping after the appointment is normal, but please wake your child to offer him/her something to eat or drink to help with the recovery. Please have your child sleep on his/her side.
2. Blurry vision is normal after anesthesia. Your child may not have the language to describe his/her blurry vision and may tell you that he/she cannot see. This will wear off typically after 6 hours.
3. Due to the drowsiness and dizziness, please encourage your child to sit or lay down to rest after the appointment. If you need to carry your child, please be aware that he/she may be dizzy and may abruptly toss his/her head back. For this reason, please have one hand on your child's back when you carry him/her to prevent yourself from accidentally dropping your child. When you feel your child is ready to walk, please make sure you stay close to him/her to help prevent any injury in case your child gets dizzy and falls.
4. **Please start with water, Gatorade, or clear apple juice before starting to feed your child solid foods. Once your child demonstrates he/she can drink without vomiting, you can try to introduce solid foods. The diet should be soft, low fat, and dairy free (i.e. no milk, cheese, yogurt, ice cream). Some examples of foods your child may have afterwards include scrambled eggs, chicken soup, Jell-O, oatmeal, apple sauce, and rice porridge.**

### **Kids Dental Specialty**

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5. Please do not give your child ibuprofen (i.e. Motrin) for 6 hours after the procedure unless otherwise instructed by the anesthesiologist. Children's Tylenol can be used immediately after the procedure to manage any pain or fever as needed unless there is a contraindication as indicated by the anesthesiologist.

If you have any questions, please call us during office hours or our doctors if it is an emergency after hours.

Dr. Linda Tran	909-270-0236
Dr. Kathryn Le	949-374-8045
Dr. Ivan Rees	951-522-4090
Dr. Jane	951-201-8020

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