



**Jeffrey P. Fisher, DDS**  
"Anesthesia for Little People"

## Pre-anesthesia & Post-anesthesia Instructions

(For patients under 12 years of age)

### ~ Pre-anesthesia Instructions ~

#### Eating or Drinking:

It is extremely important that patients have an empty stomach prior to receiving anesthesia. **Vomiting of stomach contents during anesthesia can be life threatening!** For this reason, patients must not have anything to eat or drink (including water) for **eight (8) hours** before their scheduled appointment. Carefully supervise your child, and do not leave him/her unattended or send him/her to school/day care, where children may eat or drink without a parent's knowledge and jeopardize their safety and your deposit.

#### Change in Health:

Any change in health, especially the development of a cold, cough, or fever is **extremely important** information for the anesthesiologist. Please notify Dr. Jeffrey P. Fisher at (916) 390-3673 immediately if there is any change in the patient's health.

#### Recent Diagnosis:

If your child has had a diagnosis of pneumonia, hospitalization secondary to asthma, COVID-19 infection, or received a vaccination for COVID-19 in the last 30 days, please alert your anesthesiologist, Dr. Jeffrey P. Fisher, directly by calling (916) 390-3673. One or more of these special situations may affect the scheduling of your child's dental appointment.

#### Medications:

Prescription medications should be taken as scheduled (**with a sip of water only**) unless previous arrangements have been discussed with your anesthesiologist, Dr. Jeffrey P. Fisher.

#### Street Drugs:

"Street Drugs," including but not limited to marijuana, cocaine, and amphetamines when mixed with an anesthetic or sedative can result in serious complications, including death. Therefore, street drugs are forbidden for several weeks prior to any anesthetic.

#### Clothing and Contact Lenses:

Short sleeves, loose fitting pants and comfortable shoes are advised. A patient should not wear makeup, nail polish, or false eye-lashes. Contact lenses must be removed prior to anesthesia. Please leave all valuables at home. For young children, please bring a change of clothing and a warm blanket. If appropriate, please have your child wear a diaper.

#### Designated Driver:

A responsible adult must accompany the patient to the office and remain during the entire procedure. The patient will not be allowed to leave by taxi or bus. A parent or guardian will need to make arrangements to spend the rest of the day with the patient.

### ~ Post-anesthesia Instructions ~

#### Eating, Drinking, and Smoking:

Limit oral intake to liquids for the first few hours following anesthesia. Begin with water and follow with sweet liquids such as sport drinks, clear juice or soda as tolerated. If teeth were extracted, do not use a straw. Food may be consumed following liquids as tolerated. Soft foods that are suggested include scrambled eggs, applesauce, yogurt, mashed potatoes, and soup. If your child is not hungry, do not force him/her to eat, but encourage as much liquid as tolerated. **Absolutely no alcoholic beverages and/or smoking for 24 hours following anesthesia.**

#### Restricted Activities:

A patient should not drive or engage in moderate to high-level physical activity for 24 hours or until the effects of the anesthetic have completely subsided. Judgment may also be impaired during this time, so please avoid making any major life decisions. Children should **not** be allowed to swim, bike, skate or play with other children until fully recovered. Place a blanket on the floor for the child to rest on and observe him/her closely. A child should not engage in any **unattended** outdoor activities for twenty-four (24) hours following anesthesia.

#### Pain or Fever:

Muscle aches and a sore throat may occur similar to the flu following anesthesia. These symptoms are very common and will usually disappear within 24 to 36 hours. Medications such as Tylenol and Advil are usually very effective and should be taken at the first sign of pain, if normally tolerated. Children may develop a fever up to 101 degrees Fahrenheit during the first 12 hours. Tylenol or Motrin Elixir every 3 to 4 hours with plenty of liquids will usually lower temperature as well as treat any post-operative discomfort.

#### Seeking Advice:

If vomiting occurs and persists beyond 5 hours, if temperature remains elevated beyond 24 hours, or if you have any other concerns following anesthesia, please contact **Dr. Jeffrey P. Fisher at (916) 390-3673.** **Patient's Name:** \_\_\_\_\_

**I have received a copy of the above instructions and have read and acknowledge receipt of the information they contain.**

**Signed:** \_\_\_\_\_  
(Parent or guardian of patient)

**Printed Name:** \_\_\_\_\_  
(Parent or guardian of patient)

**Date:** \_\_\_\_\_