

Dental Anesthesia Northwest, PLLC

Richard J. Montandon, DDS

Email: dentalanesthesianw@gmail.com

Phone: (208) 818-6527

POST-ANESTHESIA INSTRUCTIONS

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 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. Children must refrain from active play during the day and be carefully observed by a responsible adult for the remainder of the day.

DIET:

1. Begin slowly with clear liquids (e.g. water, Gatorade, soda, popsicles, or light soft foods as tolerated). Slowly introduce more solid foods throughout the day.
2. Avoid meat or dairy for 2-3 hours after the procedure.
3. Fluid intake and good nutrition are very important for the child patient. Use your judgment as to when the child appears ready to eat, 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.
4. The dentist may have additional dietary restrictions depending on the procedure the patient had done.

MEDICATIONS:

1. Resume taking all prescribed medication at the next normally prescribed time with the following exceptions:
 - No Exceptions
 - _____

BLEEDING:

1. Follow the dentist's instruction regarding post-operative bleeding.
2. If bleeding persists longer than you were told to expect or seems excessive, contact the **DENTIST**.

PAIN / DISCOMFORT:

1. It is not uncommon to experience some discomfort or pain following a dental procedure
2. The anesthesiologist may administer IV pain medications during the surgery but these generally wear off within a few hours after the procedure. The dentist may administer local anesthesia ("Lidocaine") so areas of the mouth may be numb.
3. If pain persists despite taking the recommended pain medications, please contact the **DENTIST**.
4. The following medications are recommended as needed for post-operative pain control:
 - Tylenol / Acetaminophen (as needed, dose per package instructions)
 - May begin immediately May begin at _____pm / am
 - Motrin / Ibuprofen / Advil (as needed, dose per package instructions)
 - May begin immediately May begin at _____pm / am
 - Pain medication prescribed by dentist. Take as directed
 - Other: _____

NAUSEA / VOMITING:

1. Nausea and vomiting occasionally occur following anesthesia. If nausea and vomiting occurs following discharge, restrict the diet to clear liquids until the nausea passes.
2. If vomiting persists longer than 4 hours contact the **ANESTHESIOLOGIST**.

Please call (208) 818-6527 with any anesthesia related questions or problems.