

Instructions Following Sedation or Anesthesia

Today we gave your child medication to help make them sleep and be free from pain while the doctor performed a procedure. These medications can take several hours to wear off completely. Problems after sedation/anesthesia are very rare. This information tells you what to do and watch for to make sure your child recovers without any problems.

Driving Home:

- Make sure your child is sitting straight up, in a car seat or with a seat belt fastened. If your child falls asleep and their head falls forward, gently tilt their head back slightly to allow for easier breathing.
- If your child is an infant, they may not be able to hold their head up without support. Put your child in their infant seat so they do not slouch over and close off their airway.
- If you have a second adult with you, have them sit where they can watch your child.

Activities:

- Your child may still be sleepy, dizzy or unsteady on their feet today.
- Have your child rest or play quietly for the rest of the day. They should not do any activities that need balance or coordination.
- Do not leave your child alone.
- Follow your doctor's instructions as to when your child can restart their usual activities.
- Teens should not drive a car, smoke or drink alcohol.

Diet:

- Start by giving your child clear liquids (apple juice, water, Jell-O, ginger ale, or popsicles). Encourage them to drink fluids.
- Advance your child's diet slowly and avoid any heavy meals for the next few hours.
- Sometimes children will have nausea and even vomit once or twice. If your child does vomit, wait 30 minutes and offer small amounts of clear fluids (2 ounces). Slowly increase and encourage fluids as your child is feeling better.
- Only be concerned if vomiting is frequent and does not stop.

Sleeping:

- Your child may sleep for some time after returning home, but should be easy to wake up.
- If possible, your child should sleep on their side today and tonight. Check on them frequently to make sure they are breathing easily and have not vomited.

Restarting Medications:

- Your child can start taking their regular medications again as soon as they get home.

Return to Day Care/School:

- If your child is acting normally and eating a regular diet, they can return to school or day care on:

Call the doctor for any of the following:

- Child is not drinking their usual fluids by tomorrow
- Nausea or vomiting that lasts more than four hours
- Very bad headache or pain
- Child does not urinate in the next 12 hours
- Sudden change in activity level, increased restlessness or sleepiness
- Any concerns you may have

Doctor: _____

24/7 Phone Number: _____

Call 911 or go to the emergency department if your child:

- Can't be woken up from sleep
- Has skin color that becomes very pale, grayish, or blue
- Has trouble breathing – too shallow, too slow, or different from what you have seen before.