

## Pre-Operative Instructions for General Anesthesia and Intravenous Sedation

1. Nothing to eat or drink for 8 hours before appointment (no water, juice, gum, etc.). If surgery is scheduled for the morning, have nothing to eat or drink after midnight.
2. No smoking the day of surgery.
3. Someone must come with you who can wait for you in the office while you are in surgery and can drive you home after. You cannot drive for 24 hours after general anesthesia or IV sedation.
4. Please make arrangements for someone to take care of you at home after the procedure.
5. Please remove all nail polish, make-up and contact lenses before surgery.
6. Please wear clothing with short or loose-fitting sleeves.
7. If the patient is a minor (under 18) they must be accompanied by a parent or legal guardian.
8. If you take any medications on a regular basis, please contact the office to see if you should take these on the day of your procedure.
9. If you use an inhaler, bring it with you on the day of surgery
10. Please call us if you have any other questions.



HANANESTHESIOLOGY

# Post-Anesthesia Instructions

Dear \_\_\_\_\_,

After the anesthesia, you will remain in a vulnerable physical and mental state for the following several hours due to its residual effects. For this reason, you must remain under the direct care and supervision of a responsible adult escort for at least 24-hours after your wake-up from the anesthesia.

The adult escort must be willing and able to carry out all the instructions below, including making sure that you do not engage in any risky or prohibited activities described.

## WHAT TO EXPECT WHILE WAKING UP

- Feeling of grogginess and tiredness
- Mild swelling of the face and lips, irritations from tape and other adhesive marks, double/blurry vision
- Numbness of the mouth
- Coughing, snoring, and hiccups
- Confusion
- Pediatric patients may wake up aggravated, crying, kicking, and screaming

## RISKS OF PHYSICAL INJURY

Your coordination will remain abnormal from the residual effects of the anesthesia for several hours after you wake up, even if you feel awake and back to normal. For this reason, you will be at higher risk for falls and other physical injury and **MUST NOT** engage in any of the following for at least 24-hours:

- Driving, or operating any other form of heavy machinery
- Any form of exercising, including playing sports or riding the bicycle
- Entering a pool, jacuzzi, spa, ocean, river, lake, or any other body of water
- Operating the stove, grill, fryer, oven, knives, grinders, or any other form of kitchen equipment
- Using the drill, hammer, saw, nails, screws, or any other form of tools
- Operating a heater, fireplace, or anything else that may pose a risk for burns
- Climbing up or down a ladder, stairwell, or anything else that may pose a risk for falls
- Any other activities or operations that may pose you at risk of injury

Ideal position to minimize the risk of physical injuries is closest to the ground with minimal physical activities. Some examples of good ways you can spend your recovery day are: Watching TV on the carpet or reading a book on the sofa.

## IMPAIRED JUDGMENT

Your judgment will remain impaired from the residual effects of the anesthesia for several hours after you wake up. For this reason, you **MUST NOT** engage in any of the following for at least 24-hours:

- Signing any important documents, including a mortgage, car loan, or membership agreement
- Making any important life decisions



# Post-Anesthesia Instructions

## MEDICATIONS

To avoid any serious drug interactions with the anesthetics that were administered to you, you:

- Must refrain from consuming alcohol or using any recreational drugs (including marijuana) for at least 48 hours following the anesthesia
- Must refrain from taking ibuprofen such as Advil or Motrin for 6 hours following the anesthesia  
DO NOT take Ibuprofen (Advil, Motrin, etc.) until \_\_\_\_\_ today
- Must consult the anesthesiologist before taking any medications containing Codeine, Oxycodone, Hydrocodone, or other medications containing opioids
- May start taking Tylenol (without Codeine) for pain control immediately after the anesthesia if needed
- May start taking Ibuprofen such as Advil or Motrin concurrently with Tylenol as long as the ibuprofen is taken no less than 6 hours following the anesthesia

## EATING & DRINKING

- If teeth were extracted, you should not use a straw
- Start out with lukewarm, liquids and soft diet until the effects of local anesthesia are gone, as you may burn or bite your lips or tongue
  - Suggestions are scrambled eggs, applesauce, yogurt, mashed potatoes, & lukewarm soup
- You should not drink liquids in a moving car, as it may cause nausea and vomiting

## NAUSEA/VOMITING

This is a common side effect of anesthesia and it usually resolves itself. Patients who are typically sensitive to “motion sickness” carry the greatest chance of this occurring.

## WHEN TO CALL DR. HAN

- If temperature rises to 101 degrees Fahrenheit and remains elevated beyond 24 hours
- Persistent vomiting
- Any difficulty with breathing
- If you have ANY questions or concerns

**Dr. Han is available 24 hours per day, 7 days a week - do not hesitate to reach him at (214) 301-3331 if needed**

**If the patient starts to experience any medical emergencies, call 9-1-1**