



Comprehensive dental care for persons with special needs

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INSTRUCTIONS FOR CARE FOLLOWING ANESTHESIA

Today your child/client had dental procedures with GENERAL ANESTHESIA. Everyone responds to anesthesia differently, but the following information will help you know what to expect at home.

Waking Up from Anesthesia

In most cases a breathing tube is placed in the throat via the nose or mouth for airway control during anesthesia. This can produce soreness, minor swelling and nose bleeds.

Home Care

- Plan to have a responsible adult around the house all day.
- Do not plan or permit activities such as school or other programs, the patient should rest for the remainder of the day.
- All patients should expect to have some dizzy spells for the rest of the day. Patients should not engage in strenuous activities or potentially dangerous activities for 24 hours after waking from anesthesia such as operating electrical appliances, handling of sharp objects, outside play or climbing stairs.

Drinking/Eating

- It is important to remember that chewing solid foods when the patient is very sleepy or when the tongue and throat are still “numb” from the local anesthesia can cause choking and inhaling food into the lung.
- It is recommended that until the numbness has worn off, only non-chewy, soft foods should be tried.
- Maintain hydration with clear oral fluids such as water, diluted juice (not orange juice) and Gatorade.

Nausea/Vomiting

- Nausea/Vomiting occurs in 10% of the patients and can be caused by swallowing of blood. It can also occur from the medications.
- Chamomile tea is a good home remedy. Also room temperature ginger ale is helpful.

Medication

- Pain medication and /or antibiotics may have been prescribed. Use them as directed.
- Patients who received pre-sedation for their appointment may experience prolonged drowsiness. They should be closely monitored for 24 hours after waking from anesthesia

Transportation Home

- All patients must be discharged in a wheel chair for their own safety.
- Patients may experience “car sickness” during the drive home.
- All patients should be transported in appropriate seat belts.
- A patient may get dizzy or faint while exiting the car. Care should be taken in accompanying the patient into the house.

When to Call the Office/Doctor

- If the patient is very sleepy, unable to wake up or experiences a change in level of consciousness.
- If the patient is experiencing any unexpected post anesthesia problems.
- If vomiting lasts for several hours.
- If the patient is experiencing excessive pain.
- Prolonged bleeding.
- Visible signs/symptoms of breathing problems.

If contact cannot be made with our office 610-526-0807, call the patient’s primary physician or proceed to the nearest emergency department. Prolonged symptoms should not be neglected well into the night.