

Anil P.Punjabi,M.D., D.D.S.
Pre-Anesthesia Instructions for Patients

Eating or Drinking

For anesthesia it is extremely important that patients have an empty stomach. For this reason adults are not to have anything to eat or drink for eight (8) hours before their scheduled appointment. Children under the age of 5 should not have anything for six (6) hours before their scheduled appointment, with the exception of water, which may be taken up to four (4) hours before their appointment.

Change in Health

A change in health, especially the development of a cold or fever, is extremely important. Please notify if there is any change in you health.

Medications

Prescription medications should be taken as scheduled unless previously indicated by Dr. Punjabi and may be taken only with a sip of water. In addition high blood pressure medication may also be taken with only a sip of water.

Clothing

Short sleeves are advised and it is suggested that loose fitting pants be worn as well as comfortable shoes. Do not wear makeup, nail polish, or false eyelashes. Contact lenses must be removed before anesthesia. Leave all valuables at home. For children it is suggested to bring a change of clothing and a blanket. If possible, have your child wear a diaper.

Designated Driver

A responsible adult must accompany any patient to the office and remain during the procedures. Do not plan on operating any equipment for twenty-four (24) hours after the anesthesia. Do not take a taxi or bus. Arrange to have a responsible adult to spend the rest of the day with you. State law requires a car seat for patients under the age of six or weighing less than sixty pounds.

Questions

Prior to your appointment Dr. Punjabi will contact you to review preoperative instructions and to answer any questions. If you would like to discuss your anesthetic before this appointment, you may call Dr. Punjabi at our office 909-798-9950 during normal business hours or after hours and weekends at (909) 213-6183.

Post-Anesthesia Instructions for Patients

Pain or Fever

Muscle aches and a sore throat may occur similar to the flu. It is very common after general anesthesia and will usually disappear within 24 to 36 hours. Drugs such as Tylenol and Advil are usually very effective and should be taken at the first sign of pain, if normally tolerated. For children a fever of up to 101 degrees Fahrenheit may develop for the first 12 hours. Tylenol elixir every 3 to 4 hours with plenty of liquids will tend to alleviate this condition as well as treat any post-operative discomfort.

Diet

Limit oral intake to liquids for the first few hours. If teeth were extracted, do not use a straw. Clear liquids including soft drinks, clear fruit juice, popsicles and water initially. Soft food is well tolerated the first day. Suggestions include applesauce, yogurt, scrambled eggs, mashed potatoes, and soups. If your child is not hungry, do not force him/her to eat but encourage as much liquid as tolerated.

Activity

Do not drive or engage in moderate to high physical activity for 24 hours or until the effects of the anesthetic have subsided completely. Judgment may be impaired during this time as well so do not allow your child to swim, bike, ride, or playing with other children. Place a blanket on the floor for the child to sleep and observe him/her closely.

If you have any questions, please call our office at 909-798-9950 or after hours /weekends please call Dr. Anil Punjabi at (909) 213-6183.

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