

PEDIATRIC ANESTHESIA INSTRUCTIONS

Instructions may vary depending on each patient's medical condition, type of surgery and time of procedure. The instructions below are based on general recommendations. The anesthesiologist will give instructions based on the specific situation of the child.

Your child's anesthesiologist will make every effort to call you the evening before surgery to discuss your child's medical history and answer any questions you may have about the anesthetic. Please disable the caller ID on your telephone or your doctor may not be able to get through to you.

Guidelines for food and drink

No food, cow's milk, infant formula or juice with pulp for AT LEAST 6 hours prior to the planned procedure time.

No human breast milk for AT LEAST 4 hours prior to the planned procedure time.

Clear liquids are allowed up to 2 hours prior to the planned procedure time. Clear liquids include water, juice WITHOUT pulp, electrolyte drinks and popsicles.

This minimizes the danger of vomiting and of aspirating material into the lungs while the child is asleep.

Children may take their usual medicines on the morning of surgery. If they are treated for diabetes, omit the insulin or oral diabetes medicine unless instructed differently by your pediatrician or anesthesiologist.

Morning medications may be taken with sips of water up to 2 hours prior to the planned procedure time. Please omit vitamins and over-the-counter medications not prescribed by a physician.

Inhalers/nebulizers for asthma and reactive airway disease may be given at any time, and we suggest your child receive their usual dose the day of surgery.

During the surgery

The anesthesiologist will be with your child throughout the entire anesthetic. During the operation, your child's anesthesiologist will monitor the vital signs and administer medications and fluids as necessary. Since every individual is unique and responds differently to surgery, no two anesthetics are exactly alike.

After the surgery

In the post-anesthesia care unit (recovery room), your child's care will be supervised by the anesthesiologist and then turned over to a trained registered nurse under our direction. At most institutions in the metroplex, once the anesthesiologist is satisfied that your child's condition is stable, you will be asked to join your child for the duration of the recovery process. This policy varies with each institution. Please be patient and know that we only have your child's best interest and safety in mind, and that you will be reunited with your son or daughter as soon as possible.

