

Anesthesia: After Care (Child)

What you need to know after anesthesia (medication to keep your child asleep for surgery)



1. It is normal to feel dizzy and sleepy for many hours after anesthesia. Keep a close eye on your child because your child's ability to reason and balance may be less than normal. While your child may want to sleep more than usual, you should still be able to wake them easily. Give your child a quiet place to rest for the first 24 hours.
2. **Diet:** Begin with clear liquids (apple juice, clear broth, ginger ale) and slowly return your child to their regular diet. Your child may have less interest in eating for the day, but should at least have light meals and fluids. Throwing up once or twice after surgery is not uncommon, but if your child is repeatedly throwing up, please call the numbers below.
3. **Activities:** Have your child rest the day of surgery. The day after surgery your child may do whatever they feel able to do, unless otherwise directed by their doctor. Your child should be able to do all of their normal activities within 3-4 days.

Your child was given acetaminophen (Tylenol) today; please wait 6 hours before giving any medication containing acetaminophen (Tylenol), until after _____. Please read active ingredients in all medications.

For problems related to your child's procedure, call _____ at 916-7____ - _____. If you are not able to get help, call the UCDCMC Hospital Operator at 916-734-2011 and ask for the doctor on call for:
