



SURGISERVICES

(647) 226-3721

surgiservices.academicanesthesia.com

Patient's name: _____ Today's date: ____dd / ____mm / _____yyyy

INSTRUCTIONS TO PATIENTS RECEIVING SEDATION/ANAESTHESIA

BEFORE SURGERY

1. *******DO NOT EAT ANY SOLID FOOD (including gum, candy) OR DRINK LIQUIDS (other than as listed below) AFTER MIDNIGHT*******

Food in the stomach may result in vomiting and subsequent pneumonia during anaesthesia. This is unsafe and can be fatal.

2. Usually the routine medications may be taken on schedule with a small sip of water unless otherwise directed by the anaesthetist.
Please note: do not take diabetic medications or fluid pills on the day of surgery; please call Surgiservices if necessary. If you are diabetic, you must bring all your diabetic supplies (including, but not limited to glucometer, strips, lancets, insulin, syringes, pumps etc.)
3. Patients should wear loose-fitting clothes so that monitoring equipment can be applied easily. Please bring a change of clothes (for children: please bring an extra diaper, if necessary).
4. Patients are not to wear: contact lenses, make-up or nail polish. Leave valuables at home.
5. Please advise us of any recent change in health such as fever, vomiting, diarrhea, cold, or flu in the days before by calling Surgiservices before coming for surgery.
6. **Patients cannot go home alone! Please confirm the person who will be accompanying the patient after surgery. This companion must be at the patient's side on the ride home (i.e. NOT be driving the car).**
7. The patient will need a responsible person at arm's length for the first 24 hours after surgery.
8. If the patient does not speak English well enough, it is imperative that the patient arranges for a competent translator to be present for the duration of the surgery. **If informed consent cannot be obtained, the surgery cannot proceed.**
9. If the patient is unable, for whatever reason, to give his/her own consent, it is imperative that the individual who has power of attorney be present or available by phone. The patient must bring this information on the day of surgery. **If informed consent cannot be obtained, the surgery cannot proceed.**
10. Please call Surgiservices if you have any questions or concerns: (647) 226-3721.



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DURING SURGERY

1. The patient will be given fresh oxygen (and possibly sleep medicine) through a mask to breathe. Monitor stickers will be placed on the patient's chest and a clip placed on the finger. A blood pressure cuff will be placed on the arm.
2. In adult patients, a small intravenous catheter is usually placed in the back of the hand before going to sleep (faster and preferred), whereas in children, due to the fear of needles, the intravenous catheter will often be placed after falling asleep, to allow the fluids or medications to be given. In some adults, upon special request, and depending on the type of surgery, the possibility of placing the intravenous after falling asleep with a mask may be considered prior to a general anaesthesia.
3. Most patients, especially children, toss/turn, stretch out their arms, roll their eyes, and their breathing patterns change as they go to sleep.
4. In general we encourage the presence of one parent (sometimes both) with a paediatric patient for the induction of anaesthesia (not for the duration of surgery). Due to a variety of factors this may not always be possible or be in the best interest of the child. Your understanding and cooperation in this context is very important (if, for example, you are asked to step outside to the waiting area).
5. In the case of general anaesthesia, the patient will be completely asleep for the entire procedure and will normally asleep for about 15-30 minutes longer than the time it takes for the procedure to be completed.
6. Parents of children must wait in the waiting room during surgery until they are called in. While every effort is made to let parents see their child as early as possible after the anaesthetic ends, children will in general have to be awake and stable enough to permit their parents to be with them after emergence. As children are often agitated when they awake from anaesthesia, parents may hear their child cry without being able to see them (yet).
7. Please be aware that there may be delays during surgery and patients, parents, and companions should clear their schedules of any other appointments or commitments on the date of surgery.



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AFTER SURGERY

1. It usually takes approximately 30-60 minutes after surgery before the patient can go home safely. It is not uncommon for the patient to feel dizzy and disoriented when upon awakening. Children frequently cry, even if they do not experience any discomfort. The intravenous catheter will remain in place until the patient is fully awake.
2. **A responsible adult must accompany the patient home. The responsible adult must be at the patient's side (i.e. NOT be driving the car).**
3. Patients should rest at home for the post-operative period (24 hours). **DO NOT WORK, DRIVE, OPERATE HAZARDOUS MACHINERY OR MAKE IMPORTANT DECISIONS FOR 24 HOURS FOLLOWING ANAESTHESIA.** A responsible adult must be with the patient. Children must not participate in activities that may cause injury, i.e. running, riding a bicycle.
4. The patient should not be allowed to fall asleep in an upright position (i.e. car seat, stroller) on the day of surgery to prevent the possibility of air passage obstruction.
5. The patient should drink plenty of fluids (water, juice) after anaesthesia but should **not drink alcoholic beverages or take sedative medication for 24 hours after surgery.**
6. If the patient is not experiencing any nausea or vomiting, he/she may eat solid food as tolerated (please begin with easily-digested foods).
7. A sore throat or sore nose (with small amounts of blood) is common after anaesthesia and will resolve on its own. Some muscle ache in the neck and shoulders is also common.
8. Take medications as advised. Unless instructed otherwise, Tylenol or Motrin can be used to control pain. The surgeon/dentist will usually write a prescription for additional pain killers as needed.
9. The area where the intravenous catheter was placed may be sore and bruised for a few days after surgery. Should this persist or worsen, please call Surgiservices.
10. A slight rash in the face may be visible where tape was applied.
11. For follow-up with the dentist/surgeon please call his/her office as instructed.
12. If necessary contact or visit the nearest emergency room. Please call Surgiservices for any concerns or unexpected events, i.e.:
 - i. if the patient vomits beyond 4 hours after anaesthesia
 - ii. if the patient does not pass urine
 - iii. if the patient develops a fever over 38.5°C
 - iv. if there is any difficulty breathing
 - v. if there is any significant bleeding
 - vi. if there is severe pain, not relieved with rest and medication
 - vii. if the patient has to go to the emergency room or seek medical attention related to the surgery
 - viii. if there are any other unexpected events or concerns.