



**BAY ANESTHESIA**  
GROUP  
THE CARE YOU NEED. WHERE YOU NEED IT

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## **POST-OPERATIVE INSTRUCTIONS FOR ADULT PATIENTS UNDERGOING GENERAL ANESTHESIA**

*You have just undergone IV sedation/general anesthesia in addition to dental procedures today. Please read and follow these instructions to ease your recovery following dental treatment.*

1. A responsible adult should drive you home and remain with you, under direct supervision, until you are fully alert.
2. It is normal to feel tired, forgetful, and groggy after anesthesia. Your judgment and mental acuity will be impaired. It is imperative that you do not drive a car or operate machinery while recovering from anesthesia, nor should you attempt to perform any strenuous work or activity. Relax for the remainder of the day.
3. After surgery, you may experience minor discomfort throughout the day. You may have bruising and tenderness at the site of the IV, or a scratchy throat. This is short-lived and should not cause alarm.
4. The local anesthesia (numbing medication) administered during your surgery normally lasts for 4-6 hours, and it's important to take measures to control the discomfort before it wears off.
5. Nausea and vomiting are common after surgery. To minimize symptoms, lie down, avoid dairy products, take narcotic medications (if prescribed) with small amounts of food, and drink clear liquids until resolution occurs.
6. Your diet should include clear liquids only for the first several hours after surgery (water, apple juice, ginger ale, Gatorade, etc.). Fluids are important to prevent dehydration. Your first meal should include soft foods (soup, Jell-o, mashed potatoes, etc.) in moderate quantities. Once this is tolerated, you may gradually advance your diet to solid foods. If you are diabetic, maintain your normal diet as much as possible, and follow your doctor's instructions regarding your insulin schedule.
7. Do not drink any alcoholic beverages for the remainder of the day.

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Your anesthesiologist's direct phone number is listed below. If they cannot be reached, you can call our 24-hour line and follow the prompts to connect with our on-call doctor. Please call if any of the following are observed:

1. If your IV site becomes red and tender
2. Persistent nausea or vomiting beyond 4 hours (vomiting once or twice is normal, but extended bouts of vomiting is not normal)
3. There is persistent, excessive bleeding
4. You develop a high fever (above 100 degrees F) or rash
5. You continue to experience pain that is not relieved by over-the-counter medication

**\*\*In the event of an emergency, please call 911\*\***

### **Bay Area/Northern California:**

Dr. Philip Yen (408) 823-0944  
Dr. Andrew Young (909) 538-9101  
Dr. Ryan Cheung (415) 812-0503  
Dr. Janice Huang (909) 851-2927  
Dr. Arielle Freed (626) 696-9973  
Dr. MC Ho (412) 927-7937  
Dr. Goutam Krish (805) 791-1454

### **Los Angeles/Southern California:**

Dr. Michael Alanes (323) 553-0055  
Dr. Philip Yen (408) 823-0944  
Dr. Andrew Young (909) 538-9101