



Postoperative Instructions for General Anesthesia

Waking up after anesthesia:

It is normal to be disoriented upon waking from anesthesia. It is also common to have some short-term memory loss. Many anesthetic medicines interfere with memory and the friend or family member that escorts you home should be advised that you may ask the same questions over and over again. In a few hours, when short-term memory is functioning normally again, that will subside. It's also normal to be tired after anesthesia. People commonly think of being under anesthesia as "going to sleep" but it's not the same thing. When you return home after your procedure you may want to have a nap. Naps are encouraged and you should sleep if you feel like it.

Pain and discomfort:

If your dental provider has prescribed prescription medications for you to take postoperatively, you should take those as directed. If you are also taking over the counter medicines, you will need to wait until 6 hours have passed since the end of the procedure to take ibuprofen or naproxen. You will have received an IV medicine called Toradol which is in the same class of medicines as ibuprofen and naproxen. This is why waiting 6 hours is necessary. Tylenol, or medicines with Tylenol in them (Vicodin, Percocet, codeine or any generic version of those) can be taken immediately as prescribed by your dentist or surgeon.

Eating and drinking:

Restarting eating and drinking is to be done slowly. Some patients can feel just fine but then eat or drink too much and they suddenly feel nauseated. Our recommendation is this: when you think you want anything to eat or drink, start with water. Then, if the water is not bothering you, slowly add food and drink. As a general idea, it's better to feel hungry than nauseated.

Activity:

Rest today, nap if you feel like it, and get a good night's sleep. Tomorrow will be a normal day from an anesthesia perspective. Depending on your procedure, you may be recovering for several days, but recovering from the anesthesia generally takes just one day.

Please feel free to contact us with any questions or concerns via phone call, text message or email.

360-922-2100

Office@anesthesiamobile.net