



Sleep Easy Anesthesia, LLC.

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Discharge Instructions

PATIENT NAME:

DATE:

Today your child received medications to decrease anxiety, pain, or to cause sleep during a medical procedure. Although your child is awake and ready to go home, some of the effects of the medications may last for several hours. You need to watch your child closely for the next (6) hours.

Questions: If you have any questions or concerns regarding your child's sedation please call anytime.

*You may administer Tylenol anytime and every six hours as needed.

*You may administer Ibuprofen *after* _____ and every six hours as needed.

GUIDELINES:

Please follow the guidelines listed below in caring for your child:

Sleep: Your child may sleep for 4-6 hours after returning home.

1. Check your child frequently to assure he/she is breathing easily and hasn't vomited
2. Place your child on his or her side during sleep
3. If your child is still asleep after 3-4 hours, you should attempt to awaken him/her to drink clear liquids (7-Up, apple juice, Gatorade, etc).
4. Your child may awaken throughout the night
5. Your child may be irritable or hyperactive when awake tonight

DIET: Some children may experience nausea or vomiting after receiving sedation medications.

1. Do NOT feed your child until he/she is fully awake
2. Start with clear liquids and then slowly advance to regular diet

ACTIVITY: Your child may be groggy, dizzy, or less attentive for the next few hours.

1. DO NOT let your child walk alone until the sedation has worn off.
2. DO NOT allow your child to participate in activities that require good coordination or concentration such as bike riding, swimming, playing sports, etc.
3. Adolescents should not drive a car for the next 24 hours.

EMERGENCIES:

PLEASE CALL **911** or go to the nearest emergency center immediately if your child develops any of the following symptoms

- PERSISTANT VOMITING
- DIFFICULTY BREATHING
- VERY PALE OR BLUEISH/GRAYISH SKIN COLOR
- DIFFICULTY IN AWAKENING YOUR CHILD