

### **Parent Pre-Op/Sedation Instructions for Monitoring Patient**

1. Please watch your child while medication is taking effect.
2. Please hold your child in lap or keep them close to you. Do not let them “run around”.
3. If your child’s breathing or skin color changes, please notify staff immediately.
4. It normally takes 30-50 minutes for the medication to take effect.
5. Your child will become drowsy and may become slightly excited at first.

### **Parent Post-Op/Sedation Instructions for Monitoring Patient**

1. The child will need to be monitored for the remainder of the day and should remain in the company of a responsible adult. Rest and/or quiet activities are recommended until the child is fully alert; avoid any strenuous activity today.
2. Lay child on the seat of car with chin up, unless child is fully awake and can hold chin up by themselves. A second responsible adult is often needed.
3. Check color of skin and breathing often.
4. If child wants to sleep, place them on their side with chin up. Wake child after one hour and give them something to drink (clear liquid).
5. Watch for nausea, turn child on side if vomiting occurs.
6. Do not attempt to eat a heavy meal immediately- a light diet (clear liquid first) should be adequate. Suggested soft foods are: chicken noodle soup, Jello, apple sauce, mashed potatoes, spaghetti. No dairy or greasy foods.
7. For pain or fever-give your child their normal dose of Tylenol (Acetaminophen). If a prescription pain medication has been ordered, do not administer until the child is fully awake. Do not resume other medications the child normally takes until the child is alert and fully awake (unless instructed differently by the Doctor).
8. Call the office for any observations that do not seem normal or if you have any questions.