

**SILICON VALLEY SURGERY CENTER. L.P.**

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Patient Label

**POST ANESTHESIA-DISCHARGE INSTRUCTIONS  
FOR PEDIATRIC PATIENTS**

- 1. DIET: Begin with clear liquids such as "flat" soda, tea, jell-o, soup, etc. Progress to soft foods such as milk, yogurt and mashed foods. If there is no nausea, progress to normal diet.
  
- 2. NAUSEA/VOMITING: Nausea and vomiting occasionally occur after surgery. If child is nauseated, keep on clear liquids until it passes. If it should persist for any length of time at home, notify your physician.
  
- 3. ACTIVITY:
  - a. Child may feel sleepy today and nap on and off, especially if taking pain medication.
  - b. You may need to assist with walking, etc.
  
- 4. DISCOMFORT: If physician has prescribed medication for surgical discomfort, give as directed. If nothing is prescribed, you may try non-prescription pain medication such as Tylenol. If discomfort is not relieved, contact your physician.
  
- 5. Follow carefully any written or verbal instructions your surgeon may have given you.
  
- 6. If there is excessive or persistent pain, swelling, bleeding, fever, or any other problems regarding specific surgery, or if you feel there is not a normal recovery taking place, please contact your surgeon. If you are unable to contact your surgeon, seek help from a hospital emergency room.
  
- 7. Your child may have received a peri-operative suppository such as acetaminophen. If you have any questions, please check with your physician.

DOCTOR: \_\_\_\_\_ PHONE: \_\_\_\_\_

OTHER INSTRUCTIONS: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I understand the instructions given to me.

DATE: \_\_\_\_\_ PARENT/GUARDIAN: \_\_\_\_\_

NURSE: \_\_\_\_\_