

Paediatric Post Anesthesia/Sedation

Parent Information Sheet

The sedation that your child received to calm them during the procedure will wear off over the next 24 hours following the procedure.

We are sensitive to your concerns and want to let you know your child's safety and well-being are our primary concern. This information will help you understand the recovery process of your child.

Instructions after Paediatric Anesthesia/Sedation

Your child will need to be watched closely for several hours following the procedure.

- Your child may be sleepy or grumpy for the remainder of the day of the procedure.
- Your child's sleep patterns may be altered for 24 hours following the procedure.
- A responsible adult must watch the child especially when eating, drinking, walking and using the rest room.
- Do not let your child do activities that require good coordination or concentration, such as bike riding, skate boarding, skating, climbing the stairs.
- Normal activity patterns should resume the day following the procedure (playing outside, going to school or daycare).

Diet

- Some children will experience nausea or vomiting following sedation.
- Begin with clear fluids (apple juice, Pedialite, popsicles, jell-o, clear soups).
- If well-tolerated, advance to a light diet of soft foods that are age appropriate (applesauce, soups, milk, yogurt, rice, mashed potatoes, eggs).
- If your child does not vomit, resume diet as usual, the day following your procedure.

Medications

- Talk to the doctor before resuming narcotics, sleep agents, or anti-depressants the day of your child's procedure.
- Resume any other medications the day following the procedure.



Sleeping

- Place your child on his or her side for sleeping, in case of vomiting.
- The child may be fussy after waking up and usual sleep patterns may be disrupted for the day of the procedure.

What to watch for

- Excessive or uncontrollable vomiting
- Trouble breathing
- Gray or bluish colour of the skin or lips
- Difficulty waking your child

If your child experiences any of the above changes call 911, your doctor, Telehealth Ontario (1-866-797-0000), or go to your closest Emergency Department. Take this sheet with you.

