



East Hudson Oral & Maxillofacial Surgery

Dr. Douglas B. Smail DDS

PREOPERATIVE PEDIATRIC INSTRUCTIONS FOR SEDATION

It is imperative that these instructions be followed to proceed with surgery using sedation. Failure to comply may result in the delay, postponement or cancellation of the surgery.

YOUR CHILD:

- 1.) **CANNOT EAT OR DRINK ANYTHING FOR SIX HOURS PRIOR TO SURGERY, NOT EVEN WATER.**
- 2.) **MUST BE ACCOMPANIED BY A PARENT OR LEGAL GUARDIAN** to the procedure. Whoever, should be prepared to remain in the waiting room until the child is ready to be discharged.
- 3.) **SHOULD NOT USE HAND OR BODY LOTION** before surgery.
- 4.) **SHOULD BRING AN ASTHMA INHALER** if they use one.
- 5.) **SHOULD WEAR COMFORTABLE, CASUAL CLOTHING, AND SENSIBLE, SECURED, LOW HEELED FOOTWEAR.**
- 6.) **SHOULD NOT WEAR CONTACT LENSES** to surgery.
- 7.) **SHOULD HAVE AN ADULT MONITOR THEM FOR SEVERAL HOURS AFTER SURGERY.**
- 8.) **RELAX!** We know surgery can make anyone nervous. Try deep, slow nasal breathing to keep calm.
- 9.) **YOU SHOULD ARRIVE 30 MINUTES PRIOR TO YOUR APPOINTMENT TIME.**

POSTOPERATIVE DIET: Have on hand for after surgery, foods such as the following:

First Day – Cool, Soft Foods:

- Applesauce
- Pudding
- Yogurt
- Jell-O
- Cottage Cheese
- Ice Cream
- Milkshakes
- Breakfast Drinks



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Second and Following Days:

- Pasta
- Macaroni and Cheese
- Eggs
- Pancakes
- Mashed Potatoes
- Soup
- Soft Cooked Vegetables
- Chicken (Cut in to manageable pieces)

If you are unable to keep or need to reschedule the appointment, please give at least 48 hours' notice.

If prior to the surgery, your child is not feeling well, has a fever or has a productive cough, please contact the office.