BIDH
DENTAL HOSPITAL

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Post-Treatment Instructions

General Anesthesia Care Instructions

Bangkok International Dental Hospital (BIDH)
Thailand's Specialized Dental Hospital

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General Anesthesia Instructions

Prior to the start of General Anesthesia

1. Please do not consume any liquids and food of any kind 24 hrs before the time of general anesthesia to prevent potential risks of vomiting and choking on food particles into trachea and lungs.

2. You must notify staff of any history of congenital disease, past surgeries as well as relevant health and medical issues. If you are currently taking any medications (such as aspirin, anticoagulant drugs, diabetes drugs, high blood pressure drugs, heart disease drugs, antiepileptic drugs, vitamins or supplements), please kindly inform our staff and doctors in advance and bring along the medications on day of general anesthesia because certain medications that must be taken regularly may need to be consumed in advance.

3. You must notify of any allergies to drugs and substances of all kinds.

4. Smoking is advised to be stopped for at least 2 weeks before general anesthesia to reduce sputum and respiratory complications.

5. For female patients, coloring over nails should be removed and trimmed to allow for accurate instrumental oxygen measurement at fingertips.

6. For day care surgeries under general anesthesia, there must be an accompanying person to bring the patient home after discharge. The patient will need to have an accompanying person with them to monitor on for at least 24 hours after discharge. Otherwise, the patient will be advised for in-patient stay at the dental hospital for our nurses to monitor on

7. For female patients, if pregnant or suspected of being pregnant, please do kindly notify our staff and doctor as anesthesia can pass through the placenta and adversely affect the baby. If surgery is not urgent, it should be done after giving birth.

8. All oral prostheses including dentures, contact lenses and jewellery of all kinds must be removed and deposit with the accompanying person or in safe locker before entering the operating room.

9. If you have related illness related to the respiratory system including fever, cough, sore throat or have mucus, please kindly inform our staff and doctor. You are recommended to have recovered from related respiratory illness for at least 2 weeks before undergoing anesthesia in reducing risks.

Immediately after undergoing General Anesthesia

1. You may experience some possible side effects post general anesthesia that may include
    - Nausea, vomiting, dizziness
    - Sore throat, hoarseness
    - Confusion, numbness or forgetfulness in the initial stages
    - Difficulty urinating
    - Back pain, body aches and tired muscles
    - Possible pain on surgical wounds

2. Immediately after returning to a conscious state, sit upright or place your head high for the full extension of breast. Practice breathing exercise in the next 1 to 2 hours by inhaling deeply and slowly exhaling out relaxingly through the mouth. Doing this approximately 5-10 times every hour after surgery, this will help your lungs expand and reduce respiratory complications, such as postoperative lung flattening. If you feel that your breathing is short, please kindly inform the doctor immediately.

3. If you have a sore throat, oftenly sip a small amount of water during the next few days. Symptoms will improve in 1-3 days. If the symptoms do not improve or you feel hoarseness, please kindly notify your doctor immediately.

4. Wax is sometimes applied to your eyes. You are able to have this washed and cleaned off. If your eyes feel dim or unclear, please kindly notify your doctor immediately.

After discharge from General Anesthesia

1. When you return home, you should be accompanied by relatives and an accompanying person. Take lots of rest after surgery.

2. Please avoid rigorous activities. You are advised to be under close supervision of an accompany person until you have recovered from dizziness or possible side effects for about 24 hours

3. Dizziness may occur after receiving general anesthesia. If you feel dizzy, lie down for a moment.

4. If you feel hungry, please kindly consume soft food such as porridge, boiled rice etc. Heavy staple food should be avoided during the first day.

5. Do not drive a vehicle within the first 24 hours from discharge.

6. Do not use any sharp objects or machinery within the first 24 hours from discharge.

7. Do not drink alcoholic beverages within the first 24 hours from discharge.

8. You are advised not to make any important transactional or contract agreements the first 24 hours from discharge.

9. If there are any abnormal symptoms, please kindly notify our staff for a re-check appointment with our doctor.