

General Anesthesia Discharge Instructions

Key Points

- Effects from general anesthesia last for up to 24 hours. During that time, it is important to rest and have someone stay with you.
- After general anesthesia, nausea and vomiting may occur. To help prevent this from happening, it is important that you slowly introduce food and drink.

Diet: Your first meal should start with clear liquids, such as Jell-O, juice, or broth. Then, try a light or bland meal. Stay away from spicy, greasy, or large meals. Encourage fluids for the first 12 to 24 hours after anesthesia

Activity: For 12 to 24 hours after anesthesia, your balance and coordination will be affected. You might feel lightheaded or dizzy. Try to rest quietly and avoid sudden movement. A responsible person must drive you home and stay with you today.

Nausea and Vomiting: If nausea or vomiting occurs, do not eat or drink anything for one to two hours. After that, start again with clear liquids and move back to a regular diet.

Infection: Look out for signs and symptoms of infection, they include: a fever over 101.5 degrees Fahrenheit, swelling, redness at incision site, drainage, hot and tender to touch. You should first call your surgeon if you have any of these symptoms for advice. If you are unable to contact your surgeon, seek help from a hospital or an emergency room.

Pain and Discomfort: The amount of pain you have may differ from what other people experience, and it will be unpredictable. If you are prescribed pain medication, begin taking before the pain gets intense (approximately 3-4 on a 10 point scale). Take your pain medication as prescribed by your surgeon with food to avoid an upset stomach. If you have more pain than you can control by using the pain medicine you were given, contact your surgeon's office.

Bleeding: For any excessive bleeding, contact your surgeon's office immediately.

For the next 24 hours, **DO NOT:**

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| – Drive or operate heavy machinery | – Drink any alcohol |
| – Make important decisions or sign any legal documents | – Handle any dangerous household appliances or kitchen knives |

Notes:

Acknowledge receipt: By signing below, I acknowledge that I have reviewed and received a copy of the above instructions

Responsible Adult Signature

Discharge Nurse Signature

Date

Patient Label