

## **Post-Anesthesia Patient Instructions**

*Following general anesthetic, 24 to 36 hours are required for the full effects of the sedation medications to wear off. During this period, it is essential that you follow these instructions.*

### **DISCHARGE FROM OFFICE**

- The patient must be discharged into the care of a responsible adult who can accompany him/her home.
- ***Arrangements must be made to have a responsible adult stay with the patient for the remainder of the day and during the night.***

### **TRANSPORTATION FROM OFFICE**

- Personal vehicles are preferred. Public transportation is not recommended.

### **FOOD AND BEVERAGES**

- No hot liquids, acidic foods or drinks for the first 24 hours. Eat something when you feel ready to. Cool liquids are best to start but avoid sucking through straws for one week. Once the numbness from the local anesthetic starts to wear off, progress to a soft diet but avoid chewing in the area of the surgery.
- Do not drink alcohol in any form for 48 hours.
- You may have a sore throat after anesthesia, it will subside in 2-3 days post-op.

### **MEDICATION**

- Resume normal medication, as directed by clinical staff and noted on your post-op instructions, after the appointment.

### **ACTIVITY RESTRICTIONS**

- Do not operate motor vehicles, boats, power tools, or machinery for 24 hours, or longer if drowsiness or dizziness persists.
- Do not operate an aircraft for at least 48 hours following general anesthetic.
- Do not sign or enter into any legal contract for at least 24 hours.

### **PROBLEMS**

- If you experience any acute pain, heavy bleeding from the surgical site, respiratory problems, or any other post-operative problems, please call the office.