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POST ANESTHESIA CARE INSTRUCTIONS

The purpose of these instructions is to provide you with information and guidelines to follow after the procedure you have just completed. You have received medications that can alter your perception, memory and coordination. Though full recovery is expected within the day of the procedure, you may feel the effects of these medications for up to <u>24 hours</u>. By following these instructions, it is expected that you will have an uneventful recovery.

The MOST important thing that you can do is go home and REST. Giving your body a chance to recover from the anesthesia is best achieved through resting and not planning any activities. If you live alone, it is recommended that you arrange to have someone stay with you for at least 3 hours after you leave the office.

The following categories will address specific issues pertaining to your recovery:

<u>AVOID:</u>

Operating any mechanical or electrical machinery/devices
Driving for the remainder of the day / Allow at least 12 hours if not longer
Making any important decisions or signing important documents
Consuming alcoholic beverages and/or smoking for at least 24 hours
Any unaccompanied activity

<u>ACTIVITY:</u>

Take your time when moving, use help or assistance as much as possible.
As you move from lying to sitting or sitting to standing – move slowly.
If you experience any dizziness, sit down or lay down and rest.
When climbing stairs, have someone help or assist you.

<u>MEDICATIONS:</u>

Resume taking prescribed medications once you are drinking fluids.
If you receive prescriptions for the procedure, take those as directed.

<u>EATING AND DRINKING:</u>

Liquids should be consumed as soon as possible. Begin with frequent small quantities of clear fluids – water, juice, soda. NO dairy products at first.
Progress slowly from liquids to soups to solid foods. Increase your diet as desired depending on how you feel.
By taking your time increasing your diet can help to prevent nausea and associated vomiting.