

## Post-Anesthesia Care Instructions-Adult

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 can continue to have effects of these medications for up to 24 hours. By following the 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 no 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:

### **AVOID:**

- Any operation of 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.

### **ACTIVITY:**

- 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, lie or sit back down and rest.
- When climbing stairs, have someone help and assist you.

### **MEDICATIONS:**

- Resume taking any prescribed medications once you are drinking fluids.
- If you receive prescriptions for the procedure, take those as directed.
- Over the counter pain relievers- Tylenol, Motrin, are very helpful to take.

### **EATING AND DRINKING:**

- Liquids may 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.
- Taking your time increasing your diet help to avoid nausea and possible vomiting.

**If you experience any problems not discussed above  
or you are continuing to have any problems or difficulties,  
please call the office at the number listed below.**