

ADULT SEDATION POST-PROCEDURAL INSTRUCTIONS

Anesthesia will be in your system for the next 24 hours. You can be drowsy, dizzy and lightheaded following surgery. Please DO NOT STAY ALONE. A responsible adult should be with you for this 24-hour period.

Do not drive a vehicle or operate any machinery for 24 hours.

Do not make any important decisions or sign legal documents for 24 hours.

Do not drink any alcoholic beverages for 24 hours. Alcohol enhances the effects of anesthesia.

You should rest for the remainder of the day. Patients should cough and take deep breathes every 2 to 4 hours while awake to avoid respiratory complications.

Anesthesia can cause residual nausea and vomiting after you go home. Start with a light diet (i.e. Jell-O, soup, apple juice, sodas, toast, and crackers) then progress to a regular diet as tolerated. If nausea or vomiting persists, call your doctor.

It is normal to experience some pain after surgery and your doctor will prescribe medications for you. Make sure to take your pain medication with food to prevent nausea.

You may have a sore throat from an airway that may have been in place. Throat lozenges or warm salt-water gargles may help.

IF ANY PROBLEMS OR COMPLICATIONS, CALL YOUR DOCTOR OR GO TO THE NEAREST EMERGENCY DEPARTMENT.

