

POST OPERATIVE ADVICE AND RESTRICTIONS FOR PATIENTS WHO HAVE RECEIVED GENERAL ANAESTHESIA OR INTRAVENOUS SEDATION

TO BE READ CAREFULLY BY PATIENT, PARENT OR GUARDIAN

Following general anaesthesia or intravenous sedation, 24 to 36 hours are required for the full effects of the drugs to wear off. During this period, it is essential that you follow these instructions:

- ❖ On leaving the Centre, you **MUST** be accompanied by a responsible adult, who may either drive you home or accompany you home in a taxi. Do not use public transportation.
- ❖ On arrival home, it is common to feel sleepy. Rest quietly at home for the balance of the day.
- ❖ Lie flat if you feel dizzy or light-headed.
- ❖ Drink lots of non-citric juice or non-diet soft drinks for the first 4-6 hours. Light meals are recommended following your operation (i.e., soup, jello, ice-cream). Avoid milk for at least 24 hours.
- ❖ Avoid alcohol in any form for 48 hours.
- ❖ Avoid any drugs apart from your prescribed pain medications for 24 hours. You may take other prescribed medications under advisement by your doctor.
- ❖ **DO NOT OPERATE** motor vehicles, boats, power tools or machinery for 24 hours after your pain medication regimen is completed.
- ❖ Do not operate an aircraft for at least four days following general anaesthesia.
- ❖ Do not sign or enter into any legal contract for 24 hours.
- ❖ You may experience some muscular aches in your back or neck area. As well, you may develop a sore throat or stuffy nose following a general anaesthetic. These symptoms are not serious and will disappear in a short time.
- ❖ We strongly suggest that a responsible adult be with you for the rest of the day and night.

IF YOU HAVE ANY QUESTIONS OR PROBLEMS REGARDING POST-OPERATIVE SIGNS OR SYMPTOMS, OR ANY ASSOCIATED CONCERNS PLEASE CALL YOUR SURGEON.
