



Post-Anesthesia Discharge Instructions

Be prepared to finish your recovery at home. Patients often experience drowsiness and minor after-effects following anesthesia, including muscle aches, a sore throat, and occasional dizziness or headaches. Nausea may also be present, but vomiting is less common. These side effects usually decline rapidly in the hours following surgery, but it may take several days before they are gone completely. Some patients do not feel up to their typical activities the next day, usually due to general tiredness or surgical discomfort. Plan to take it easy for a few days until you feel back to normal. Know that a period of recovery at home is common and to be expected.

A responsible adult should stay with you for 24 hours after surgery to help ensure your safety. Regularly prescribed medications may be resumed as tolerated. Please contact your surgeon's office with any concerns and they will get in contact with the Anesthesiologist on call if needed.

FOR THE 24 HOURS AFTER ANESTHESIA:

- **DO NOT** drive a car, operate machinery, or power tools.
- **DO NOT** drink alcohol (including beer)
- **DO NOT** use recreational drugs, tranquilizers, antihistamines, or sleep medications.
- **AVOID** decisions or engaging in activities that require clear thought or judgment (like signing legal documents), or that require coordination for the remainder of the day.
- **AVOID** walking without assistance and using stairways.
- **AVOID** caring for small children without assistance due to possible perception changes for the remainder of the day.
- **AVOID** spicy foods. There are no food restrictions but eating bland foods for your first meal after anesthesia is recommended. Then, progress to a regular diet as tolerated.

Call your surgeon if you have:

- Nausea / vomiting that won't stop
- Problems breathing
- Intolerable pain not relieved by medication
- Excessive bleeding
- Fever of greater than 101°F
- Any other questions or concerns after surgery

Questions/Concerns about your Anesthesia or having an Anesthesia billing question or issue?

- Please go to "Contact Us" on our website at www.avantianesthesia.net or text us at 401-246-7331