

POST-ANESTHESIA INSTRUCTIONS (ADULT)

The purpose of these instructions is to provide you with information and guidelines to follow after the procedure. You have received medications that can alter your perception, memory and coordination. Though full recovery is expected within the day of the procedure, effects of these medications can continue for up to 24 hours. By following these instructions, an uneventful recovery is expected. The following categories will address specific issues pertaining to recovery:

ACTIVITY:

- Move slowly. Rocking, swaying can cause nausea and vomiting.

MEDICATIONS:

- Resume taking any prescribed medications once fluids are being tolerated.
- If prescriptions were given for the procedure, take as directed.
- Over the counter pain relievers like Tylenol or Motrin are very helpful to take, especially if you develop a temperature.

EATING AND DRINKING:

- Liquids may be consumed as soon as possible. Begin with frequent small quantities of clear fluids- water, gatorade etc. NO dairy products at first.
- Progress slowly from liquids to soups to solid foods. Increase YOUR diet as tolerated.
- Taking your time increasing your diet will help to avoid nausea and vomiting.

EXTRAS: On occasion, it is possible to see one or more of the following:

- Nausea and Vomiting - this is best avoided by minimizing or avoiding external movement (rocking, swaying) and slowly introducing fluids as well as slowly progressing your intake from liquids to solids.
- Elevated Temperature - may be noticed during recovery.
- Fast Heart Rate - this is the result of medication given and will go away with time. If it persists more than 2 hours, please call the office.
- Red areas on the face and/or body - this is also a result of medication given and will go away with time. If it persists more than 2 hours, please call the office.
- Bruising and some pain may occur around the IV site and is normal

YOU MUST NOT DRIVE OR OPERATE HEAVY MACHINERY UNTIL THE NEXT DAY. WHILE YOU MAY FEEL FINE, THERE MAY BE SOME RESIDUAL MEDICATION IN YOUR SYSTEM.

If there are any problems experienced that were not discussed above or problems or difficulties are continuing, please call our office at 786-486-3392.

My signature below indicates I have read and understand the instructions given to me.

Signature

Date