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## Post-Anesthesia Instructions

These are the basic instructions to follow at home after having general anesthesia, regional anesthesia, and/or local anesthesia with IV sedation. You will also be given further instructions at the time of your surgery specific to your surgeon and procedure. These instructions are applicable for a minimum of 24 hours. You may resume your normal activities after that time, unless otherwise instructed by your surgeon.

- **DIET:** You may resume your usual diet as tolerated. Begin with liquids and light foods - soda pop, tea, jello, soup, etc. If you are not nauseated, you may progress to your usual diet.
- **NO** alcoholic beverages for at least 24 hours and while on pain medication.
- Nausea and vomiting may occasionally occur after surgery. If you are nauseated, remain on clear liquids until it passes. If it should persist for any length of time at home, notify your doctor.
- **ACTIVITY:** Rest on the day of surgery. You may feel sleepy when you get home.
- Do **NOT** drive or operate hazardous machinery for 24 hours following anesthesia.
- Do **NOT** make any important personal or legal decisions for 24 hours.
- Move cautiously for 24 hours. You may feel dizzy if you make sudden moves.
- You may resume your normal medications as prescribed by your physician.