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ANESTHESIA DISCHARGE INSTRUCTIONS

Anesthesia may stay in your body for up to 24 hours. It is normal to feel sleepy and weak following anesthesia. Go home and rest as much as possible.

- Because post-surgical patients are prone to dehydration, it is important that you drink plenty of fluids such as juice, water, soda, tea and Gatorade.
- In order to prevent nausea and vomiting, gradually progress to your normal diet. Begin with clear liquids, dry toast, crackers and soup, and then progress to regular foods.
- Take only the prescribed medications. Do not drink any alcoholic beverages (medications, anesthetics and alcohol do not mix well.)
- Do not drive, operate machinery or sign any legal documents for 24 hours after surgery.
- For your own safety and comfort, have a responsible adult stay with you for 24 hours following your procedure.
- Do not smoke for 24 hours without supervision.
- Avoid heavy lifting or strenuous exercise.

Specific complications to watch for:

- * Fever over 101 Fahrenheit
- * Pain not relieved by medications ordered
- * Inability to urinate
- * Persistent nausea and vomiting

Emergencies: Please contact our office during regular hours at (847)- 605-0280. After hours at (312)813-9669 or (847) 602-8033.

Patient Signature:

Date: