

General anaesthesia – discharge instructions



Discharge instructions

1. Eat a light diet for six hours after surgery, and then take your normal diet unless otherwise directed.
2. For the first 24 hours after surgery
 - a. Only take medications prescribed by your doctor.
 - b. **Do not** drink alcohol.
 - c. **Do not** use public transport without an escort.
 - d. **Do not** drive or operate machinery.
 - e. **Do not** sign any legal documents, or take full charge of another individual.

After effects of a general anaesthetic

1. **Pain due to surgery** - some mild pain may be experienced after certain operations. Any persistent or worsening pain, however, should be reported to your doctor.
2. **Nausea** - this is uncommon with modern anaesthesia and if it does occur is likely to be of short duration.
3. **Sore throat** - this may occur following your anaesthetic and will almost always disappear within 24 hours.
4. **Pain or bruising** - this may be noticed at the site of the anaesthetic needle for some days after the operation.
5. **Muscle pain** - you may notice muscle aches for up to 48 hours after the anaesthetic. They can be minimised by rest and restricted activity during this period.
6. **Other problems** - some patients may find that their ability to concentrate is impaired for a day or two after surgery. This phenomenon is of no consequence and should pass off in a few days.

Concerns

Please visit your local GP or Emergency Department immediately if you have any concerns or questions about your surgery.

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