

# General anaesthesia – discharge instructions



## Discharge instructions

1. Eat a light diet (small, low fat meals) for six hours after surgery, and then follow your normal diet unless otherwise directed.
2. For the first 24 hours after surgery
  - a. Take only simple pain-killers such as paracetamol and the usual 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

**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.

1. **Nausea** is uncommon with modern anaesthesia and if it does occur is likely to be of short duration.
2. **Sore throat** may occur following your anaesthetic however it will go away, usually within 24 hours.
3. **Pain or bruising** may be noticed at the site of the anaesthetic needle for some days after the surgery.
4. **Muscle and joint pains** may be experienced after the surgery. They can be minimised by gentle activity and simple pain-killers such as paracetamol.
5. **Other problems** - some patients may find that their ability to concentrate is impaired after surgery. This is more common in the elderly and frail and is usually temporary.

## What if I have concerns or questions when I get home?

If you have concerns or questions please

- visit your local GP or
- contact the hospital Emergency Department which is open 24/7, phone 9929 8333

**Disclaimer** This document describes the generally accepted practice at the time of publication only. It is only a summary of clinical knowledge regarding this area. The Royal Victorian Eye and Ear Hospital makes no warranty, express or implied, that the information contained in this document is comprehensive. They accept no responsibility for any consequence arising from inappropriate application of this information.  
General anaesthesia discharge instructions #142 | Owner: Surgical Services |  
Last published: 15/04/20 | Next review: 15/04/23

