



Anesthesia General Post Operative Instructions

We make the following recommendations if you have received either general anesthesia or local anesthesia with sedation.

DIET: Keep it light today (i.e. soups, Jell-O, toast, etc.). Avoid greasy, spicy, or heavy foods. Drink as much fluids as you can tolerate. Unless your doctor has told you otherwise, you may resume your regular diet in 24 hours.

ACTIVITY: Rest today, no strenuous activity or heavy work. Do not drive or operate heavy machinery or power tools for 24 hours.

ALCOHOL: No alcoholic beverages, including beer or wine for 24 hours or while taking narcotic pain medication.

MEDICATIONS: Take your pain medication with food. Check with your doctor before taking medication that may contain aspirin or alcohol (i.e. cough/cold meds). You may resume your home medications unless your doctor has told you otherwise.

SAFETY: please have a responsible adult be with you the first 24 hours.

LEGAL: Do not sign any legal papers or documents for the next 24 hours or make any legal, personal, or business decisions for 24 hours.

CALL OUR OFFICE IMMEDIATELY:

If any of the following occur:

- excessive swelling or redness of or around the surgical site
- excessive pain not relieved by pain meds
- temperature above 100.5 degrees
- excessive bleeding

Your anesthesiologist is Dr. Steve Shulman.

OTHER: _____

Signature/Relationship

Date

Witness/Title

If a medical emergency arises and you are unable to reach our office, please have someone take you to the nearest emergency room or call 911.