



DISCHARGE INSTRUCTIONS FOLLOWING ANESTHESIA

- For patients having GENERAL ANESTHESIA OR IV SEDATION:**
- **You may feel dizzy or lightheaded next 24 hours** Thought processes may be altered.
 - Go directly home or to motel, NOT SHOPPING. Rest quietly today.
 - Have responsible person stay with you today and tonight for your protection and safety.
 - Drink extra fluids to promote fluid balance.
 - **For next 24 hours DO NOT:** drive, operate machinery, drink alcohol, make important/legal decisions.

Diet after General Anesthesia- to avoid nausea and vomiting:

- Start with liquids, toast, and crackers. Avoid spicy, greasy, gas-producing foods.
- Persistent nausea and vomiting:** stop all mouth intake for 2-4 hours. Then start ice, clear liquids and advance diet slowly as tolerated.
- Cause:** maybe pain pill-try with small food. If ineffective, stop pills, use over the counter pain reliever as directed or call the ***Bone & Joint Center for new pain pill=701-946-7404.***

- EXTREMITY BLOCK to help control post op pain:**
- Numbness, tingling, limited motion in the "blocked" area **may last up to 36 hours.**
 - Shoulder blocks most last 12-24 hours-can last up to 36 hours.
 - Rest and elevate the affected area heart level or higher.
 - **Protect extremity** from excessive heat/cold, bumping against another object due to decrease sensation and control.
 - **Foot or leg block: do not attempt to weight bear until sensation is worn off and okay to bear weight by your surgeon.**
 - Total knee replacement patient: your block allows you motion/walk, sensation is diminished.

Patient/ significant other

RN