



DISCHARGE INSTRUCTIONS FOLLOWING ANESTHESIA

GENERAL ANESTHESIA OR 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 the next 24 hours DO NOT:** drive a car, operate machinery, power tools, drink alcohol, make important decisions or sign legal documents.

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 your surgeon for new pain pill.

BLOCKS

- Numbness, tingling in the “blocked” area **may last up to 36 hours**.
- **Shoulder blocks** usually last 8-12 hours, but can last up to 36 hours.
- Rest and elevate the affected area heart level or higher.
- **Protect extremity** from excessive heat/ cold, bumping it 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.

Patient/ significant other

RN

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