



Post Procedure and Anesthesia:

General information immediately after your procedure:

- After your procedure, you will recover, and awaken for a period of time. The amount of time varies with each patient and each procedure.
- During your recovery period you may have your blood pressure, heart rate, respiratory rate, oxygen level, and pain level monitored until you are cleared to go home.
- You may feel sleepy, emotional, clumsy, nauseous, and/or forgetful.
- The responsible person you have chosen to take you home and care for you will assume responsibility for your safety once you leave the facility.
- If you remain too sedated after your procedure, you may be given reversal medications to decrease the sedative effects of the medications you received during the procedure.
- Once your anesthesia provider has determined you are stable and awake you will be discharged to the care of your designated responsible adult who accompanied you to your procedure.

What can I expect after receiving leaving facility:

- You may feel tired, sleepy, and lethargic
- You may feel forgetful about the events that happened before, during, and after the procedure
- Impaired judgment for important decisions
- Nausea and or vomiting
- Some difficulty with balance or dizziness
- Dry mouth and eyes

Follow these instructions:

- Absolutely **NO DRIVING**
- **DO NOT** drive or operate motorized vehicles
- **DO NOT** participate in activities where you could fall or become injured
- **DO NOT** drive or use machinery
- **DO NOT** drink alcohol or use recreational drugs
- **DO NOT** take additional sedatives or sleeping pills that may cause additional drowsiness
- **DO NOT** make important decision or sign legal documents
- **DO NOT** take of children on your own

Eating and drinking

- Follow the diet that is recommended by your health care provider
- Drink plenty of non-alcoholic fluid
- If you become nauseous and vomit:
 - Drink water, juice, or soup when you can to prevent dehydration
 - Do NOT eat heavy greasy foods it can worsen your nausea and vomiting

Additional Instructions:

- Have a responsible adult stay with you for the remainder of the day
- If you have sleep apnea, surgery, and some sedative medications, can increase your risk for obstructive sleep apnea.
 - Continue to wear your sleep apnea device anytime you are sleeping including during daytime naps
 - You should also wear your obstructive sleep apnea device if you are taking prescription pain medications, sleep aids, and medicines that may make you drowsy
- Keep all your follow-up appointments
- Resume all medications as indicated by your health care providers and primary care physician.

Contact a health care provider or seek medical attention IF:

- You keep feeling nauseous or you keep vomiting
- You continue to feel lightheaded
- You still feel sleepy or off balance after 24hrs
- You develop a rash
- Difficulty breathing
- Chest pain
- You have a fever
- You have redness or swelling around your IV site

Summary:

- You may feel tired, forgetful, and have poor judgement several hours after your procedure.
- Have a responsible adult stay with you and you are awake and alert
- Rest as instructed.
- DO NOT drive or operate machinery.
- DO NOT drink alcohol
- DO NOT take recreational drugs
- DO NOT take additional sedatives