



Anesthesia Discharge Instructions

In order to continue your care at home, please follow the instructions below:

General:

- Do not drive or operate machinery for 24 hours
- Do not consume alcohol, tranquilizers, sleeping medication, or non-prescription medications for 24 hours unless otherwise instructed.
- Do not make any important decisions or sign any important paperwork in the next 24 hours.
- Please have a responsible adult stay with you for the remainder of the day.

Activity:

- Please go directly home, restrict activity and plan to rest for the remainder of the day.
- No strenuous activity or heavy lifting for the next 24 hours.

Diet:

- Resume normal diet slowly, begin with clear liquids and proceed as tolerated. Advancing diet too quickly can cause nausea.

Medications:

- Resume daily medications as directed.

Follow-up:

- Please call our office for any routine questions or concerns.
- Please call 911 or go to the nearest emergency room for any serious or life-threatening condition.

I have read/been read these instructions and I understand them. A copy has been given to me.

Patient Signature: _____ Date & Time: _____