



DISCHARGE INSTRUCTIONS FOLLOWING ANAESTHESIA

Diet	You may have a normal diet. However if you are feeling nauseated, begin with light foods such as jelly, crackers until you feel more settled.
Activities	<p>The anaesthetic drugs which were used to put you to sleep, stay in your body for many hours. Therefore for the next 24 hours you may feel sleepy and you are advised not to:</p> <ul style="list-style-type: none">• drive a car,• drink any alcohol,• make important decisions, such as signing documents,• travel alone by public transport• use hazardous machinery,• engage in sports, heavy work or heavy lifting.
Medication	Take all medication as prescribed
Nausea	Nausea and vomiting are occasionally present after general anaesthetic. Do not be concerned about this. If it persists, drink clear fluids and contact your Doctor.
Sore Throat	This is due to the cramping of the small muscles in the larynx (voice box) which occurs during anaesthesia. Pain relief tablets such as Panadol, Panadeine, will relieve this.
Dizziness	This is common following an anaesthetic. When taking pain medication move with care.
Follow-up Care	<p>Should you have any problems, contact Dr..... Phone.....</p> <p>You are to see Dr in weeks time.</p> <p>Please make your own appointment with the Doctor's surgery.</p> <p>If your Doctor prescribes antibiotics for you within the next 2 weeks, for any reason, please notify the Hospital on 8545 8000.</p>