



Post-operative/Procedure Anesthesia Instructions: Adult

These facts and suggestions will help you have a safe, rapid, and trouble-free recovery after anesthesia.

_____ Your concentration, balance, coordination, and judgement may be impaired for many hours after anesthesia.

_____ You may feel weak and “washed out” after anesthesia and surgery.

_____ You should consider these restrictions during the next 24 hours after outpatient anesthesia and surgery:

- Do not operate a car or any type of vehicle or machinery (for example, a lawn mower).
- Do not drink alcoholic beverages. You may be more sensitive to the intoxicating effects of alcohol.
- Do not perform tasks that require much skill or fine finger work. (For example, you might cut a finger while carving a roast.)
- Avoid making important legal or financial decisions; you may not be able to think clearly.

_____ You may resume a normal diet after returning home.

_____ Resume your necessary prescription medicines at home with the following exceptions: _____

_____ Postsurgical instructions: _____

When you are discharged from the hospital, you may carry on normal activities while following these precautions. However, you should remain at home until the morning after surgery.

When you are at home, contact your surgeon if you have any questions or problems.

Your Doctor:	Phone:
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This information is prepared specifically for patients participating in clinical research at the Warren Grant Magnuson Clinical Center at the National Institutes of Health and is not necessarily applicable to individuals who are patients elsewhere. If you have questions about the information presented here, talk to a member of your healthcare team.

Questions about the Clinical Center? OCCC@cc.nih.gov

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