



## Post Anesthesia Discharge Instructions

Patient \_\_\_\_\_ Date \_\_\_\_\_

You may resume the medications you were taking before you were given anesthesia as directed by your physician.

- Drink plenty of liquids for the next 4-6 hours, if you feel chilly.
- You may eat solid food as tolerated.
- No alcoholic beverages for the next 24 hours.
- Remain at home resting for the next 24 hours and have a responsible adult with you if possible.
- No driving for 24 hours.
- No smoking in bed for 24 hours. You may smoke if someone is watching you.
- It is advisable not to make major legal decisions or engage in any hazardous activities for 3 days.
- If you have “irritation” on your intravenous site where you were given your IV sedation, please put an ice pack over it for 5 minutes twice a day on the day of the operation and use a heating pad for 5 minutes 4 times a day after 24 hours (in the morning, noon, afternoon and evening.) If you still have the “irritation” after the above treatment, please call your physician.
- If you experience a sore throat, use lozenges and/or a sore throat spray such as Cepacol.

If you have any questions or problems regarding your anesthesia you may contact the Massachusetts Avenue Surgery Center at any time by calling 301-263-0800.

\_\_\_\_\_  
Patient Signature  
or Authorized Representative

\_\_\_\_\_  
Date

\_\_\_\_\_  
Nurse Signature

\_\_\_\_\_  
Date