

AFTER ANESTHESIA

- **Don't drive a car for at least 24 hours.** After anesthesia, your reactions and judgement may be impaired, making driving a car dangerous to you and others. It is especially important that you make arrangements for someone else to drive you home from the health care facility.
- **Don't operate complex equipment for at least 24 hours.** This includes equipment used at home, such as a lawn mower, as well as that used on the job, such as forklift truck.
- **Don't make any important decisions or sign any legal documents for the day.**
- **Don't study for exams.** After anesthesia, you may not remember the information.
- **Don't take any medications unless prescribed by or discussed with your physician.** Some medications may be adversely interact with the anesthesia. Included are prescription drugs such as sleeping pills or tranquilizers.
- **Don't drink alcohol for at least 24 hours.** Alcohol is considered a drug, meaning that an alcoholic drink has the potential to negatively react with the anesthesia in your system. This includes hard liquor, beer, and wine.
- **Do remain quietly at home for the day and rest.** If, after a day, you still do not feel recovered, you may want to continue your rest for an additional day or two. Discuss your planned return to work with your Dr.
- **Do arrange for someone to care for your small children for the day.**
- **Do take liquids first and slowly progress to light meal.** Taking pain pills and antibiotics with food will help prevent nausea associated with these medications.
- **Do call your nurse anesthetist, your physician, or the facility where you were treated if you have any questions.** These professionals are interested in your welfare. If you have questions, or feel your recovery is not progressing to your satisfaction, call them.