



Instructions for Patients who have had a General Anaesthetic.

Anaesthetic drugs remain in the body for 24 hours, and gradually wear off over this time.

- It is important that you are taken home by a responsible adult who is also to stay with you overnight.
- You will not be able to drive yourself home or travel by public transport. If you need a taxi, you must be accompanied.
- You should not do anything that could harm yourself, such as operating machinery, using a cooker or kettle.
- You should avoid alcohol and sleeping tablets for 24 hours before and after your surgery.
- Drink plenty of fluids and eat a light non-greasy diet.
- Do not make important decisions or sign important documents for 24 hours after your anaesthetic.

DISCHARGE ADVICE

- Observe the dressing for signs of **bleeding, bruising** or **swelling**. If you become concerned, please contact the following:
 - 72266 Ext. 2219 - **Day Surgery Unit** (up to 4pm)
 - 72266 Ext. 2121 or 2122 - **Casualty Department** (after 4pm)
- Avoid getting the dressing wet whilst washing and avoid using talc or soap near the wounds.
- If you require removal of sutures, an appointment will be made for you for removal at Accident and Emergency Department.