

**Subiaco Private Hospital Pty Ltd**

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## If You Have Problems

You should either

- Contact your Surgeon
- Contact your GP
- Get to the nearest Emergency Centre
- Ring Health Direct 1800 022 222

## FOLLOW UP INSTRUCTIONS

### APPOINTMENT

Doctors Rooms

Time \_\_\_\_\_

Date \_\_\_\_\_

OR

Ring Doctors Rooms \_\_\_\_\_

Other \_\_\_\_\_

# General Anaesthetic

DISCHARGE INSTRUCTIONS FOLLOWING SURGERY  
ADULT

## Activities

You have been given a general anaesthetic. In the next 24 hours, you may feel drowsy and dizzy.

Therefore during this time you

## Should Not:

- DRIVE A CAR
- DRINK ALCOHOL
- OPERATE MACHINERY
- MAKE IMPORTANT DECISIONS
- SIGN LEGAL DOCUMENTS
- TRAVEL UNACCOMPANIED
- ENGAGE IN SPORTS, HEAVY WORK OR LIFTING
- TAKE SEDATIVES UNLESS PRESCRIBED

## Special Instructions

You must have a responsible adult stay with you overnight.

## After Effects Of An Operation

Depending on the type of surgery and anaesthetic you have had, you may experience one or more of the following:

### Sore Throat

This may occur due to measures taken by your anaesthetist to assist your breathing during the operation and should disappear within 48 hours.

### Nausea/Vomiting

This may occur in the first hours after your anaesthetic. If so, try sips of fluid first, gradually increasing to light food. You should avoid heavy foods.

### Pain

If you experience pain or discomfort, take the medication recommended. If pain persists, seek medical advice.

## Wound

Seek medical advice if you experience excessive leakage or bleeding from the wound site or any signs of infection.

## Discomfort At Injection/Cannula Site

Pain and bruising at the injection site/cannula site may occur, but this should not require treatment and should disappear in a few days.

## Inability To Concentrate

It is normal to feel tired and unable to concentrate for a day or two after the anaesthetic.

## Skin Integrity

Check your skin for: rashes, redness, bruising or any skin changes. Contact SPH if any concerns or your GP.

## At Home

- Move your arms and legs regularly to help prevent blood clots from forming as recommended when flying.
- Contact your doctor/GP if you think you have a blood clot/DVT.
- Keep hydrated regularly at home post surgery/general anaesthetic.
- If there are any signs of swelling, redness and severe pain in legs please go to nearest ED or contact your GP.

**For further information about preventing falls at home, please refer to our patient information booklet.**

**Scan to view our  
patient booklet**

