



Post-Operative Instructions

Returning Home

The patient should sit in a upright position, secured by a seatbelt or age-appropriate car seat on their way home. While the patient has met discharge requirements, medication may have lasting effects. Patients should not be left alone for the following six hours after the procedure and should rest for the remainder of the day.

Activity

Following sedation or general anesthesia, it is common for patients to have drowsiness, dizziness, or impaired balance. For their safety, patients should be monitored and should not walk unassisted for the first few hours after returning home. Some patients may also experience nausea related to the anesthesia or the ride home. Residual effects may also affect judgement and reaction time. It is strongly recommended patients avoid making any important personal, legal, or financial decisions 24 hours after the procedure.

Eating and Drinking

It is common for patients to feel hungry after their procedure; however, it is important to reintroduce food gradually. Start with small sips of clear liquids upon returning home. After 20-30 minutes, you may try soft, bland foods such as toast, crackers, or applesauce. If the patient rejects food, wait before trying again. Most patients can resume a normal diet approximately 3 hours after arriving home. Alcoholic beverages should not be consumed for 48 hours after the procedure.

Pain Management

Most patients receive intravenous pain medication before leaving the procedure room to help manage discomfort as anesthesia wears off. Additional pain management instructions will be reviewed prior to discharge and indicated below.

Intravenous Site

The IV will typically be removed before the patient is fully awake. A small bandage will be placed on the site and can come off at any time. No additional care is required other than checking the area once daily for signs of redness, swelling, or discomfort.

Contact Us...

If there is redness, swelling, or discomfort at the IV site
If vomiting persists for over 4 hours
If temperature is elevated for over 24 hours
If there is persistent or excessive bleeding
If patient is unable to drink liquids
If pain is unable to be relieved by OTC medication
If there any other concerns

Post-Operative Pain Management

Medication

Time
