

Outpatient Post-Operative Instructions

1. Your ability to concentrate, your balance; coordination; and judgement may be impaired for many hours after anesthesia.
2. You may feel "weak" and "washed out" after anesthesia and surgery.
3. You should consider the following suggestions for at least 24 hours, and preferably 48 hours, after outpatient surgery:
 - a. Do not drive or pilot any type of vehicle or machine. (You are more likely to have an accident.)
 - b. Do not drink alcoholic beverages. (You may be more sensitive to the intoxicating effects of alcohol.)
 - c. Do not perform tasks that require much skill or fine fingerwork. (If you carve a roast, you might slice your finger; if you sew, you could stick your finger.)
 - d. Eat a little less than you usually do. Do not eat spicy or fried food.
 - e. Drink fluids as desired.
 - f. Avoid making important legal or financial decisions. (You may be unable to think clearly.)
 - g. Be wary of tranquilizers, sleeping pills, etc., because their effects may be increased by anesthetic drugs.
 - h. A low-grade fever is normal following surgery: If it is above 102 degrees please call the office. Remember to encourage fluids. For any low-grade fever, give Tylenol.

IF YOU HAVE ANY QUESTIONS, PLEASE CALL OUR OFFICE.