Postoperative instructions for ANESTHESIA CARE

**General Anesthesia (going to sleep):**

Anesthetic drugs may include powerful sedatives which affect judgement and reaction time, even after you are discharged. These instructions must be followed to decrease the potential for injury to yourself or others:

* No driving: cars, motorcycles, bikes, or any vehicle until permitted by the physician.
* No alcohol.
* Do not attempt tasks that are hazardous, that require expert or critical judgement, or that would jeopardize the safety of others.
* Do not take other sedative drugs unless specifically prescribed.
* Eat light meals (crackers, toast, soup etc.) the day of surgery. You may gradually resume your usual diet if you are feeling all right. Persistent nausea and vomiting should be reported to your doctor.
* Do not attempt tasks which involve public safety.
* Please have a responsible adult with the patient for the next 24 hours.

**Regional Anesthesia (arm block):**

Anesthesia or numbness may persist for some time. Special care should be taken to avoid injury, particularly burns, cuts, or bruises.

**Time limit**

These restrictions apply, at minimum, until the next morning. In some cases, the after effects of anesthesia and surgery may last several days, in which case these restrictions should be extended until the patient feels fully recovered.

**Emergencies and Questions**

Any questions, concerns, reactions or problems should be directed to the on-call physician for Plastic + Hand at **(207)-775-3446** 24 hours a day. In the event of an emergency, call 911 for your local EMS services.

**Special Instructions**

In the event of chest pain, leg pain, or shortness of breath, we advise a direct trip to the emergency room.

I have received the above instructions. Signature X\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Relationship to patient\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_