

## Post-Anesthesia Instructions

1. If you are taking any prescribed medications (such as blood pressure, heart or seizure medications, etc.), these should be resumed on the normal schedule unless instructed otherwise.
2. You should be in a lying down position for the ride home and should remain lying down for the remainder of the day, the **ONLY** exception is going to the restroom. You must have someone accompany you into the restroom in the event you feel dizzy or lose your balance. **Excessive motion (or even sitting up) may cause dizziness and/or nausea.**
3. It is important you make sure to drink fluids approximately every 30 minutes for the first three hours, if you are asleep have someone wake you up at the intervals. Large amounts of liquids (especially those with substantial calories such as juice, soup, milkshakes, protein drinks, Slim-Fast, Gatorade, etc) are encouraged for the first 48 hours, in addition to other food. Nausea may occur infrequently after the procedure, if this does, wait a short time (i.e. 15 min), take some more fluids and then try again. Solid food may be given as desired. **If nausea persists, please contact me so appropriate treatment can be given.**
4. You should get plenty of rest the first 24 hours. There should be no outside activity for the remainder of the day. After that time, activity may be resumed based upon the surgery and other post-treatment considerations. A small percentage of patients may still feel tired after the first day. No operating machinery or potentially dangerous toys (i.e. bicycles, scooter, etc) for 24 hours. Additionally, no alcoholic beverages are to be consumed for at least 24 hours or while taking pain medication.
5. A small percentage of patients may experience post-treatment tenderness and/or redness in the area of the intravenous site due to inflammation in the vein. To reduce this possibility, you should keep the arm that had the intravenous infusion elevated and apply moist heat as much as possible. **If this does occur, please call the office.** In addition to moist heat (which should be started at the first sign of discomfort), an anti-inflammatory medication may be prescribed, or an over the counter anti-inflammatory such as Advil or Motrin may be taken. *The inflammation may occur several days to weeks after the procedure.* It may manifest itself as merely discomfort or may exhibit firmness of the vessel, red streaking, small lumps, bruising, or other characteristics. **Again, please call the office if any unusual characteristic at/or around the intravenous site develop. If at any time there are any questions or concerns, do not hesitate to call. I want to make your recovery as easy and quick as possible.**