



Post-Procedure Anesthesia Instructions: Adult

- You should remain with another responsible adult for the rest of the day. Your concentration, balance, coordination, and judgement may be impaired for many hours after anesthesia.
- You may feel weak after anesthesia and surgery, this is normal
- You should consider these restrictions during the next 12 hours after outpatient anesthesia and surgery:
 - Do NOT operate a car or any type of vehicle or machinery
 - Do NOT drink alcoholic beverages. You may be more sensitive to the intoxicating effects of alcohol.
 - Avoid making important legal or financial decisions; you may not be able to think clearly
- You may resume a normal diet after returning home. Begin with liquids and advance as tolerated.
- If taking narcotic pain medication, please take it with food to avoid nausea and vomiting. It may also be necessary to add a stool softener to prevent constipation.

If you have any further questions or concerns, relating to Anesthesia please call:

Brad Pitts, CRNA (501)593-5223

Next dose of ibuprofen (Motrin, Advil, Aleve) can be at _____.