# General Anesthetic, Adult

A nurse specialized in giving anesthesia (*anesthetist*) or a doctor specialized in giving anesthesia (*anesthesiologist*) gave you a medicine that made you sleep while a procedure was performed. For as long as 24 hours following this procedure, you may feel:

- Dizzy.
- Weak.
- Drowsy.

## BEFORE YOUR ANESTHETIC OR SURGERY

- You should be present one before your procedure or as directed by your caregiver. Check in at the admissions desk to fill out any necessary forms if you are not pre-registered. There may be consent forms or other paperwork to sign before the procedure.
- There is a waiting area for your family while you are having your procedure.

## LET YOUR CAREGIVERS KNOW ABOUT THE FOLLOWING

- Allergies.
- Medications taken including herbs, eye drops, over the counter medications, dietary supplements, and creams.
- Use of steroids (by mouth or creams).
- Previous problems with anesthetics or novocaine.
- Use of cigarettes, alcohol, or illicit drugs.
- Possibility of pregnancy, if this applies.
- History of blood clots (DVTs, pulmonary embolism).
- History of bleeding or blood problems.
- Previous surgery.
- Family history (especially anesthetic problems).
- Other health problems.

## AFTER YOUR SURGERY

After surgery, you will be taken to the recovery area where a nurse will monitor your progress. You will be allowed to go home when you are awake, stable, taking fluids well, and without complications.

For the **first 24 hours** following an anesthetic:

- Have a responsible person with you.
- **Do not** drive a car. If you are alone, **do not** take public transportation.
- **Do not** drink alcohol.
- **Do not** take medicine that has not been prescribed by your caregiver.
- **Do not** sign important papers or make important decisions.
- You may resume normal diet and activities as directed.
- Change bandages (*dressings*) as directed.
- Only take over-the-counter or prescription medicines for pain, discomfort, and or fever, as directed by your caregiver.

If you have questions or problems that seem related to the anesthetic, call the hospital and ask for the anesthetist or anesthesiologist on call.

## FINDING OUT THE RESULTS OF YOUR TEST

Not all test results are available during your visit. If your test results are not back during the visit, make an appointment with your caregiver to find out the results. Do not assume everything is normal if you have not heard from your caregiver or the medical facility. It is important for you to follow up on all of your test results.

## SEEK IMMEDIATE MEDICAL CARE IF:

- You develop a rash.
- You have difficulty breathing.
- You have chest pain.

- You have allergic problems.

Document Released: 03/26/2009 Document Re-Released: 03/14/2011
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