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Instructions for patients after General Anesthesia or IV Sedation

It is imperative that you DO NOT drive a car or operate machinery while taking medications or recovering from the general anesthesia or IV sedation. Your judgment will be impaired. You must be under direct supervision for the first 6 hours after you receive general anesthesia or IV sedation. It is normal to feel tired, forgetful, and groggy. The following instructions are designed to help you during your recovery period.

DIET:

1. After having general anesthesia, we recommend clear liquids first (such as 7-up, water, apple juice). If you continue to feel hungry, this may be followed by cold blended or puree foods (such as ice cream, Jell-O, pudding, malts) for the first 24 hours.
2. After your surgery, maintain a soft diet for one week. For example: soup, scrambled eggs, mashed potatoes, soft chicken or fish. At your follow up appointment, we will give you further instructions.
3. Avoid food like popcorn, nuts, sunflower seeds, or rice.
4. If you are a diabetic, maintain your normal diet as much as possible and follow your doctor's instructions regarding your insulin schedule.

DISCOMFORT:

1. The local anesthesia (numbing medicine) administered during your surgery normally has a 4–6-hour duration for the upper surgery sites, and can last up to 12 hours for the lower sites. It may be difficult to control the discomfort once the anesthetic wears off.
Therefore, supplemental pain medication for relief of discomfort is usually necessary.

Take the prescribed or over the counter pain medication with a shake or milk and a large volume of water. This will lessen any side effects of nausea. Continue to take this every 8 hour for at least 24 hours. It is important to take the pain management before the local anesthetic wears off.

NAUSEA:

1. The medications used during and after surgery may cause nausea. If nauseated, avoid milk and other dairy products and try to drink clear liquids in small quantities, until symptoms resolve. Medications should not be taken on an empty stomach. If nausea continues, please contact our office and an anti-nausea medication may be prescribed.

FEVER:

1. A low-grade fever is not uncommon after surgery. It is usually a sign of insufficient liquid intake. Please remember to drink sufficient amounts of clear liquids to keep your body hydrated.

BRUISING:

This may occur on the arm or hand, near the site of intravenous. It is very common to have minor bruising. If the arm is inflamed or tender for first day, apply an ice pack for 30 minutes on and then off for 30 minutes. If inflammation or tenderness does not resolve on the second day, please contact our office for evaluation.

If you have any questions about your recovery or the above recommendations, please call our office at **(925) 934-7888**. During business hours, a member of our team will be happy to assist you. If this is a life-threatening emergency, please call 911. After hours, you may call our office and follow the prompts to get in contact with Dr. Alijanian. You may also log on to our website www.DrAlijanian.com for further instructions.

Thank you for making us your specialist of choice
"We are committed to you...giving patients a reason to smile."