

Sedation or General Anesthesia for Adults

These instructions will help you care for yourself after your procedure. The emergency department provider may also give you more specific instructions. Call your regular provider if you have any problems or questions after your procedure.

What can I expect after the procedure?

After your procedure, it is common to:

- Feel sleepy for several hours.
- Feel clumsy and have poor balance for several hours.
- Have poor judgment for several hours.
- Vomit if you eat too soon.

Follow these instructions at home for at least 24 hours after the procedure:

- **Do not:**
 - Do any activities where you could fall or become injured.
 - Do any activities that require you to be alert or coordinated.
 - Drive.
 - Swim.
 - Ride a bicycle.
 - Cook.
 - Use power tools.
 - Climb ladders.
 - Work at heights.
 - Take a bath.
 - Use heavy machinery.
 - Drink alcohol.
 - Take sleeping pills or medicines that cause drowsiness.
 - Make important decisions or sign legal documents.
 - Take care of children on your own.
- **Do** get plenty of rest.

Eating and drinking

- Try to drink fluids if you no longer feel sick to your stomach.
- Make sure that you can drink fluids without throwing up before eating solid foods.
- The first meal after your procedure should be light and small.
- Drink enough fluids to urinate.

General instructions

- Have a responsible adult stay with you until you are awake and alert.
- Take over-the-counter and prescribed medicines only as told by your health care provider.
- If you smoke, **do not** smoke without supervision.
- It is important to keep all follow-up visits.

Call or visit your regular doctor if:

- You are not feeling or behaving normally after 24 hours.
- You keep feeling sick to your stomach or you keep throwing up.
- You are unable to drink fluids or eat food.
- You have trouble urinating.
- You feel light-headed.
- You develop a rash.
- You have a fever.
- You have any questions after your procedure.

Call 911 if:

- You have trouble breathing.
- You have blue or gray skin.
- You have trouble waking up or you cannot wake up.