



## POST ANESTHESIA INSTRUCTIONS

Dear Patient,

As you go home after your surgery and anesthesia, please follow these instructions:

1. Start taking small sips of fluids, gradually increasing the amount (avoid citrus acids such as orange juice and grapefruit juice).
2. Cough and deep breathe every few hours.
3. Have an adult with you every time you get up for at least 24 hours.
4. Do not stand up all at once – sit at the edge of the bed first.
5. Do not smoke for 48 to 72 hours.

The ride home may make you queasy. Many times, once you lie down at home, this feeling subsides. If it persists, sometimes small sips of fluids (ice chips, 7-Up, water, juices) will help. Just remember to start off slowly and gradually increase the amounts. Once you are tolerating fluids, you are encouraged to drink large amounts of fluids (8 to 10 glasses per day) over the next few days.

Coughing and deep breathing will help keep your lungs clear and well expanded. Take 10 deep breaths followed by forceful coughs every few hours. This will help prevent any post-operative lung complications. This is especially important if you have any smoking history at all.

You may find you want to lie in bed for the first day – this is normal. However, it is important that you get up and move around from time to time (having to urinate will do this). When you get out of bed, move slowly and make sure an adult is with you. Even as you lie in bed, you should move your arms and legs every hour or two. Moving around will also help prevent post-operative complications.

Thank you for allowing South Coast Anesthesia to provide your anesthesia care. If you have any questions regarding your anesthesia care, or are concerned about your recovery, please do not hesitate to call me. It has been a pleasure to serve you.

Respectfully yours,

Jesse J. Rivera, CRNA  
President