

Emergency Assessment Unit

Short stay surgical unit: general anaesthetic information

The following Information is for adults who have had a general anaesthetic:

Rest and activity

Most people feel rather tired when they go home; do not feel frustrated if you tire easily. Only do as much as you feel able to do and gradually increase your activity until you feel back to normal. Try to go to bed when you are tired and ask your carer to arrange for you not to be disturbed.

Eating and drinking

You can eat and drink as much as you wish when you get home. Some people find their appetite is small at first. Often, you may just require plenty of fluids.

No alcohol or sleeping tablets for the first 24 hours

Sleep and pain relief

Restricted movement and/ or pain prevent you from resting adequately. It may help to take a mild painkiller before you go to bed. Paracetamol is usually adequate if it suits you. You may be prescribed other painkillers depending on the type of operation you have had.

Bathing and showering

It is sensible to arrange for someone to be available when you bath or shower. You may not require assistance, but you could feel light headed getting out of the bath.

Wound healing

You should seek help if:

- the amount of pain in your wound increases after the obvious initial discomfort,
- the amount of redness and / or swelling increases,
- or you notice any unpleasant discharge.

Driving/ operating machinery

You should not drive whilst still affected by the anaesthetic drugs. It is advisable not to do anything that requires fine co-ordination. Do not operate a cooker or kettle for at least 24 hours.

Work

You should not return to work on the day following your operation. It may be necessary to stay at home longer depending on the type of operation you have had.

If you are worried about your condition contact:

Your General Practitioner

Or

Short Stay Surgical Unit on 01223 348326 or 01223 348325

Special Instructions:

Follow Up:

Medications:

Dressings:

Stitches:

Please ask if you require this information in other languages, large print or audio format:
01223 216032 or patient.information@addenbrookes.nhs.uk

Potete chiedere di ottenere queste informazioni in altre lingue, in stampato grande o in audiocassetta.

Italian

若你需要本信息的繁體中文、大字體或音訊格式的版本，請要求索取。

Cantonese

तमने आ माळिती बीछ भाषाओमां, मोटा अक्षरोमां अथवा सांभणी शकाय जेवा माध्यम
(ओडीओ इमेज)मां जेठती छोय तो कृपा करीने पूछो.

Gujarati

تکایہ پرسیار بکہ نہ گہر نہ وزانیاریہت دہوی بہ زمانیکی تر , بہ پیتی گہورہ یانیش بہ شیوہی دہنگ

Kurdish

آگر آپ کو یہ معلومات دوسری زبانوں میں، بڑے الفاظ کی اشاعت میں یا آڈیو ٹیپ پروکارہوں تو ہر اے مہربانی اس کیلئے درخواست کریں۔

Urdu



Addenbrooke's is smoke-free. Please do not smoke anywhere on the site.
For advice on quitting, contact your GP or the NHS smoking helpline free, 0800 169 0 169

Document history

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