

Information for When You Go home After Your Surgery

How will I feel After Surgery?

You may have hoarseness, a sore throat or muscle aching in the first 24 hours after a general anesthetic. These symptoms usually go away on their own.

You will not feel like your normal self for the first day.

To keep your self safe:

1. You must have a person who knows you well and who is responsible take you home. Even if you are going by taxi. You go home with this person when you are discharged from the hospital. This will be about two hours after your surgery.
2. Do not drive or operate any machinery for 24 hours after your surgery.
3. Do not travel alone in any public transportation for 24 hours after your surgery.
4. You should have someone stay with you once you are at home until the next day.
5. Do not drink any alcohol for 24 hours. Its effects add to those of the anesthetic.

How Do I Help Myself Recover?

1. Your doctor has given you instructions. Follow them exactly. Do not take more of any medication than your doctor tells you.
2. Rest in bed until you feel fully recovered from the anesthetic. Do not plan other activities the rest of the day.
3. If you feel sick to your stomach sip ginger ale and nibble some dry crackers. You may eat if you feel like it. Start off taking small amounts of foods that are easy to digest such as soups or cereals. Drink plenty of fluids for 2 to 3 days when you feel you are able.

As well remember to:
