

Monitored Anesthesia Care, Care After

These instructions provide you with information about caring for yourself after your procedure. Your health care provider may also give you more specific instructions. Your treatment has been planned according to current medical practices, but problems sometimes occur. Call your health care 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.
- Feel forgetful about what happened after the procedure.
- Have poor judgment for several hours.
- Feel nauseous or vomit.
- Have a sore throat if you had a breathing tube during the procedure.

Follow these instructions at home:

For at least 24 hours after the procedure:

- **Do not:**
 - Participate in activities in which you could fall or become injured.
 - Drive.
 - 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.
- Rest.

Eating and drinking

- Follow the diet that is recommended by your health care provider.
- If you vomit, drink water, juice, or soup when you can drink without vomiting.
- Make sure you have little or no nausea before eating solid foods.

General instructions

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

Contact a health care provider if:

- You keep feeling nauseous or you keep vomiting.
- You feel light-headed.
- You develop a rash.

- You have a fever.

Get help right away if:

- You have trouble breathing.

This information is not intended to replace advice given to you by your health care provider. Make sure you discuss any questions you have with your health care provider.

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