

**Dressing:**

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**Doctors Follow Up Appointment:**

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**Other Instructions:**

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**Calvary John James Hospital**

173 Strickland Cres  
Deakin ACT 2600  
Tel: (02) 6281 8100



John James  
Hospital

## Discharge Instructions

# General Anaesthesia

Version 5, August 2014



These instructions are issued as a guide and are not a substitute for Medical Care.

## **Diet**

Begin with liquids and then you may have light foods, jelly, crackers and then progress to your normal diet over several hours if you are not nauseated.

## **Activities**

The drug which was used to put you to sleep will be acting in your body for the next 24 hours, so you may feel a little sleepy. This feeling will slowly wear off.

During the next 24 hours:

- You MUST NOT drive a car
- You MUST NOT drink alcohol including beer
- You MUST NOT make important decisions
- You MUST NOT travel alone on public transport
- You MUST NOT use hazardous machinery including cooking at a hot stove
- You MUST NOT engage in sports, heavy work or heavy lifting.

## **Routine Medications**

Commence taking your routine medications as soon as possible unless otherwise advised.

## **Discharge Medications**

Discharge Medications prescribed should be taken as directed on the label.

## **Pain**

You may have some pain. Do not allow your pain to become severe before taking pain relief medication. You may be given a prescription by your Doctor. Take this pain relieving medicine as directed. If no other medication is prescribed, you may take some Panadol OR Panadeine (if you are not allergic to it) to a maximum of 8 tablets within 24 hour period. Aspirin should NOT be taken.

## **Nausea**

Nausea and vomiting are occasionally present after general anaesthesia. Do not be concerned about this. If it persists, drink only water and call your Doctor.

## **Dizziness**

This is common after general anaesthesia and if you are taking pain relieving medication, you will need to move around carefully.

You may experience some muscle soreness and/or throat irritation. These can often occur after receiving general anaesthesia. Panadol and throat lozenges should relieve this pain (if you are not allergic to them). If not, call your Doctor.

## **Fever**

You are not expected to have any fever but if you feel warm after discharge have your temperature taken. If your temperature is greater than 38°C, call your Doctor.

### **Note**

If you experience any of the following, contact your Doctor:

- Fever greater than 38°C
- Difficulty in breathing
- Ongoing nausea or vomiting
- Ongoing pain not relieved by your medication
- Excessive bleeding
- Any complication as a direct result of your surgery

If you are unable to contact your Doctor, please call Calvary John James Hospital on 6281 8100 or 6229 2110.

**In life threatening situations, proceed to the nearest hospital Accident & Emergency Department or dial 000.**

**PLEASE CHECK ARTWORK CAREFULLY**

**MISTAKES ARE GLADLY CORRECTED  
ANY AUTHORS CORRECTIONS TO ARTWORK ARE CHARGEABLE**

**CLIENT NAME:** CALJOH

**DESCRIPTION:** 152927\_CJJH0001\_GEN ANA\_KIDS

**SIZE:** 210 X 297 FOLDED TO A5

**COLOURS:** CMYK FRONT/BLACK BACK

**ARTWORK APPROVAL**  **CORRECTIONS REQUIRED**  **OK TO PRINT**

\_\_\_\_\_  
**SIGNATURE**

\_\_\_\_\_  
**DATE**

**NOTE: NO RESPONSIBILITY FOR ERRORS ARE ACCEPTED BY E-BISPRINT PTY LIMITED  
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