

## WHAT TO EXPECT AFTER DAY SURGERY OR LAPAROSCOPY.

After you have received a general anaesthetic or intravenous sedation, sensitive tests show that the effects of the drugs administered may last for at least one day, even though you may appear quite normal after three to four hours. For your own safety, you are advised not to drive a motor vehicle or operate dangerous machinery for twenty-four hours. You should also avoid potentially hazardous situations (eg heights, hot stoves) for a similar period. In addition you are advised not to take alcohol or sedative drugs for 24 hours as these may further delay your recovery.

Where surgery has been carried out under local anesthesia without intravenous sedation, full recovery can be expected within four hours.

**After your surgery and anaesthetic you may experience the following:**

**Bleeding** may be experienced after surgery. If bleeding persists or smells contact your doctor.

**Pain** may be experienced after surgery. You will be advised which tablets you can take or be given a prescription by your doctor. If pain increases or persists, contact your doctor. Referred shoulder pain is common due to the air that is used to fill the abdomen during the procedure. This should reduce as the air slowly disperses over a day or so.

**Nausea and vomiting** are occasionally experienced after an anaesthetic. Drink water or clear fluids. Call your doctor if it persists longer than 24 hours.

**Sore throat** may occur due to measures taken to help your breathing during surgery. Throat lozenges will minimise your discomfort.

**Muscle pain** may be noticed for up to 24 hours. Gentle mobility helps minimise muscle aches.

**Disturbed ability to concentrate** is experienced for several hours.

**Visual disturbances** are occasionally experienced for several hours.

**Remember:** it is normal to feel a little dizzy and sleepy for several hours following a general anaesthetic.

## FOR AT LEAST 24 HOURS AFTER SURGERY YOU SHOULD NOT

- Drink any alcohol
- Drive
- Operate dangerous machinery or domestic appliances
- Sign any important papers
- Engage in sport, heavy work or lifting

## FOR LAPAROSCOPY

The incisions have sutures in them which are sub-cuticular (below the surface). These sutures do not usually require removal. Observe your wounds for signs of infection, such as redness, oozing, smell or discharge, once the dressings have been removed, usually at day 5.

After your discharge from hospital, for the next 24 hours rest and restrict your dietary intake to fluids and a light diet.

You will be given a prescription for pain management. Make sure you have this before you leave the hospital. Medication for pain relief is usually required for 24 hours, but occasionally may be necessary for a longer interval.

## Follow-up appointments

An appointment for a follow-up visit after surgery will either be made at the time of booking the surgical procedure or you may be asked to telephone for an appointment after discharge from hospital.

Please do not hesitate to contact WHRIA if you have any queries.