

## Day Surgery Unit

# Information for adults having a general anaesthetic

### Rest and activity

- Don't feel upset if you get tired easily, most people are tired when they go home.
- 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 get home and ask your carer or relative to make sure you are not disturbed so you can rest.

### Eating and drinking

- You can eat and drink as much as you like when you get home.
- Some people find they are not very hungry at first and only need fluids such as water.

**Do not drink alcohol or take sleeping tablets for the first 24 hours after your operation.**

### Sleep and pain relief

- You may find it difficult to rest because of pain or because your movement is restricted.
- You may find it helpful to take a mild painkiller such as Paracetamol before you go to bed. You may also be prescribed painkillers depending on the operation you had.

### Bathing and showering

It is sensible to arrange to have someone with you when you bath or shower. You may not need help, but sometimes you can feel light headed when getting out of the bath.

### Wound healing

You should seek help if:

- The amount of pain in your wound gets worse
- The amount of redness or swelling around your wound gets worse

You notice any smelly, yellowish discharge or pus from your wound.

### Driving or operating machinery

- You should not drive for 24 hours while still affected by the anaesthetic.
- You should also not do anything that requires good co-ordination

- You should also not use a kettle or cooker for the first 24 hours following your operation.

## **Work**

- You should always take the day after your operation off from work.
- You may need to take longer off work depending on your operation.

## **For more information**

If you are worried about your condition you can contact one of the following people:

1. Addenbrooke's Day Surgery Unit: 01223 256330
2. Ely Day Surgery Unit: 01223 652279
3. Your consultant's registrar: 01223 245151
4. Your General Practitioner (GP)

## **Special Instructions:**

## **Follow up arrangements:**

## **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](mailto: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 माहिती बीछ भाषाओमां, मोटा अक्षरोमां अथवा सांभजी शकाय जेवा माध्यम  
(ओडीओ डोमेट)मां जेठती छोय नो कृपा करीने पूछो.

## Gujarati

تکایہ پرسیار بگہ نہ گہر نہ وزانیاریہت دہوی بہ زمانیکی تر . بہ پیتی گہورہ یانیش بہ شیوہی دہنگ

## Kurdish

آگراپ کو یہ معلومات دوسری زبانوں میں، بڑے الفاظ کی اشاعت میں یا آڈیو ٹیپ پروکارہوں تو برائے 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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