



## Recovery After Anesthesia (Adult)

You have been given medicine to make you sleep during your procedure. This may have included both a pain medicine and sleeping medicine. Most of the effects wear off before leaving the office, but you may still have some drowsiness for the next 6 to 8 hours, sometimes a little longer.

## Home care

Follow these guidelines when you get home:

- \* For the next 8 hours, you should be watched by a responsible adult. This person should make sure your condition is not getting worse.
  - \* Don't drink any alcohol for the next 24 hours.
- \* Don't drive, operate dangerous machinery, make important business or personal decisions, or sign legal documents during the next 24 hours.
- \* If you have obstructive sleep apnea, you should use your CPAP/BiPAP any time you sleep for the following 24 hours, including any naps.

Note: Your healthcare provider may tell you not to take any medicine by mouth for pain or sleep for several hours after your procedure. These medications may react with the medicines you were given in the office and could cause a much stronger response than usual.

**For your safety, you should wait until you have fully recovered from anesthesia before taking any sedating medications.**

## Follow-up care

Follow-up with your healthcare provider if you are not alert and near to your usual level of activity within 12 hours.

## When to seek medical advice

You or a friend or family member should call your healthcare provider right away if any of these occur:

- \* You have trouble breathing.
- \* Drowsiness gets worse.
- \* Weakness or dizziness gets worse.
- \* Repeated vomiting.
- \* You can't be awakened easily.

**\*IF YOU ARE HAVING A SUSPECTED EMERGENCY, YOU SHOULD CALL 911\***

For non-emergency questions regarding your recovery from sedation, you can contact Northwest Anesthesia Solutions and we will get back to you as soon as we can.