

## Advice following an Anaesthetic

Anaesthetic drugs can remain in your body for up to 48hours before they completely wear off. During this period your judgement and motor skills can remain impaired.

We therefore strongly advise that you take the following precautions for at least **48 hours** following your surgery:

- You will not be fit to attend work during these 48 hours.
- You must arrange a responsible adult to collect you and to take you home from hospital. You should not use public transport.
- You must have a responsible adult with you for 24 hours following surgery.
- You should not operate any machinery.
- You should not handle hot foods and drinks, cook, bathe or shower without a responsible adult able to supervise such activity.
- You should not participate in any strenuous activities such as outdoor walking or cycling.
- As your judgement may be impaired we recommend that you do not make any important decisions or sign any legal documents during this time.
- You should not drink any alcohol or take any recreational drugs. Continue to take your prescription drugs and pain relief as advised by the clinical ward staff.
- You are legally not allowed to drive any vehicle after a general anaesthetic for at least 48 hours. After this time it will depend on other factors of surgery (pain/wound management) as to whether it will be safe for you to drive. We recommend you contact your own insurance company for confirmation of this.

## General Advice Following Surgery

- You are advised to keep your wound as clean and dry as possible for at least 48 hours following surgery.
- Please avoid any creams, talc's or sprays anywhere near your wound until it is fully healed.
- To reduce your dressing after ..... To leave your skin dressings in place for .....
- If you notice any oozing, excess bleeding, redness or increased pain from your wound please contact your own GP or GP practice nurse to review.
- Please make an appointment with you GP practice nurse to have your sutures/clips removed on .....
- An outpatient appointment will be arranged for you in ..... and to be sent out in the post to your home address.
- Depending on the time of day and urgency please contact your GP, NHS 111 or the A & E department if you have any of the following concerns:
  1. New, fresh or increased bleeding that does not stop after firm pressure is applied for 10 minutes.
  2. Difficulty and/or discomfort in passing urine.
  3. New persistent pain, swelling or redness in your leg as this may indicate deep vein thrombosis (clot formation in your leg veins).
  4. Any new and persistent shortness of breath or chest pain.
  5. Sudden onset of severe pain despite taking regular pain relief.

## Contact us [if not included elsewhere]

This factsheet has been produced by the [WCH Surgical Admission Unit Staff](#).

## Confidentiality

**‘The Trust’s vision is to keep your information safe in our hands.’**

We promise to use your information fairly and legally, and in-line with local and national policies. You have a right to understand how your information is used and you can request a copy of the information we hold about you at any time.

For further information contact the [Subject Access Coordinators](#)  
[SACCIC@ncuh.nhs.uk](mailto:SACCIC@ncuh.nhs.uk) or [SACWCH@ncuh.nhs.uk](mailto:SACWCH@ncuh.nhs.uk)

## Feedback

We appreciate and encourage feedback, which helps us to improve our services.

If you have any comments, compliments or complaints to make about your care, please contact the PALS team (Patient Advice and Liaison Service) on 01228 814008 between 10.30 and 4.30 Monday to Friday or email [PALSCIC@ncuh.nhs.uk](mailto:PALSCIC@ncuh.nhs.uk).

If you would like this factsheet in another language or format, for example Braille, large print or audio the PALS team will be able to assist you (contact details above)

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