

# Post-Operative Instructions for MAC Anesthesia

## The day of your procedure:

**Immediately after surgery:** Patients who received a MAC Anesthetic should return home from the office immediately upon discharge and lie down (bed/recliner) with the head elevated until the effects of the anesthetic have disappeared. Anesthetic effects vary by the individual and you may feel drowsy for a short period of time and rarely for several hours (we use in most cases a very short lived sedative/anesthetic).

1. As a general recommendation, you should not operate any mechanical equipment or drive a motor vehicle for at least 24 hours or longer
2. Do not use appliances or equipment that could be dangerous, such as power tools, stoves, burners, lawnmowers, and/or garbage disposals.
3. Be aware of dizziness. Take your time and walk slowly as sudden changes of position may also cause nausea.
4. As a general recommendation, you should not make important decisions; you may change your mind the following day.
5. Do not drink any alcoholic beverages the day of the procedure as the anesthetic may cause a reaction to the alcohol which could be very dangerous.
6. Regarding diet, for the most part you may return gradually to a regular diet two hours after the procedure (use common sense). If you feel nauseated or sick to your stomach you should drink small sips of clear liquid (broth, apple juice, ginger ale, tea, or Jell-O). If these liquids do not make you sick to your stomach, try eating soft foods like potatoes, rice and pasta. Eat any nourishing foods that can be taken with comfort. After procedures, diabetics need to maintain their normal diet as much as possible and follow your physicians' instructions regarding your insulin schedule. Proper nourishment aids in the healing process.
7. Regarding hygiene, since you have showered prior to procedure please do not disturb the surgical area today. Leave the dressings or bandages as placed unless they are soaked with drainage. For the most part you should not need to replace these bandages, unless some oozing continues (applies only to limited types of procedures). The next day you may shower with soap and water and pat the area dry, no rubbing. For needle punctures, shower regularly. **Do not** submerge your body in water (pools, tubs, etc.) for 48 hours following the needle procedure.
8. These are general guidelines and some procedures have specific post-operative recovery time. As a general rule some pain (minor) may present within the 24 hours after the procedure in the injection site. And may last up to 48 hours. Use ice and rest techniques appropriately.
9. **Please call our office at extension 109** if there are any unexpected symptoms. Use common sense and if necessary you may go to the emergency room for unexpected severe pain or weakness. If the needle or surgical site becomes red, inflamed, draining or if you become febrile please come to our office inspection.