Going Home After Anesthesia

____ **Monitored anesthesia:** Mild to heavy sedation without a breathing tube.

____ **General anesthesia:** Unconscious with a breathing tube.

For your safety, someone (age 16 or older) is required to stay with you today and tonight. You may feel sleepy for the next 12 to 24 hours from the medicines you got during and after surgery. Rest and relax for the next 12 hours. If you had a breathing tube, you may have a mild sore throat for the next 24 hours. Call if the sore throat is severe or does not go away.

For 24 Hours After Anesthesia

- **Do not** drive, operate machinery or power tools.
- **Do not** drink alcohol.
- Only take approved medicine.
- **Do not** make any important decisions or sign important papers.
- Follow your doctor's advice about activity.
- Be careful when you sit or stand up after being in bed for a long time (you may become dizzy if you sit or stand too quickly).

Eating and Drinking

Start slowly today. Drink clear liquids such as water, apple juice, and soft drinks. If you feel okay, you can try soup, soda crackers, and other foods that are easy to digest. Avoid milk products, spicy, or fatty foods. Drink several glasses of clear liquids to avoid dehydration. You can return to your normal diet the next day.

When to Call

Call if you have:

- A fever above 100°F (taken by mouth) or 99° F (taken under the arm) for 2 readings, 4 hours apart.
- Trouble breathing or a "wet sounding" cough that will not go away.
- Vomiting two or more times **after** getting settled at home.
- Trouble urinating by late tonight (or have a painful, full bladder).

Who to Call

Your anesthesiologist was Dr. _____.

Your surgeon/radiologist was Dr. _____.

If you have questions, please call your provider listed in your After Visit Summary or After Hospital Care Plan which lists the correct phone numbers. For a list of UW Health Clinics, please visit www.uwhealth.org/.

We will try to call you at home or work within the next few days. We will ask a few questions about your recovery and the care you received. Let us know if this may be a problem.

We wish you a quick recovery.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 9/2026. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#6323