

Procedure with sedation

The following information is being provided to help you understand:

- the effects of sedation
- things to avoid following sedation
- how to return to normal eating and drinking
- what complications to be aware of
- when and how to seek medical advice

Following your sedation you may experience:

- nausea and / or vomiting
- dizziness and headaches
- muscle aches and pains
- sore throat

Subtle effects of sedation can last more than 24 hours depending on the type of sedation used. Although you may feel normal within the first 24 hours, your reflexes and mental ability may be affected without your realising it. Therefore, for safety and legal reasons for up to 12 hours after receiving sedation it is important that you do not:

- drink alcohol
- drive a vehicle or operate machinery
- return to work
- make important personal / business decisions or sign important documents

It is also important during this time to have a responsible person staying with you.

Information for patients who have had an intravenous cannula:

- remove the white pad after 2 hours
- see your GP if there is redness, swelling or pain at the site

Pain Management

It is common to experience some pain after a surgical procedure. Your doctor may have given you pain relieving medications during the procedure. Your doctor will prescribe pain relieving medications, if required, for you to take home.

Nausea/vomiting

This is less common with modern anaesthetics. If nausea and / or vomiting do occur it is usually of short duration. If this persists avoid food but maintain fluid intake. If nausea is not resolved after 24 hours, contact your doctor.

Diet/fluids

Unless otherwise advised by your doctor we recommend that you:

- drink small amounts of clear liquids such as water, soda or apple juice
- avoid foods that are sweet, spicy or hard to digest for today
- gradually increase your diet as tolerated
- if you feel nauseated, rest your stomach for an hour and then try drinking some clear fluid

Regular medications

If you have been taking blood thinning medication e.g aspirin or warfarin prior to your procedure please check with your doctor when to recommence these. Most other medications can be resumed as normal following your procedure.

Surgical/procedural instructions

Specific instructions will be provided to you to assist you with care and recovery at home following your surgery or procedure.

If you experience persistent nausea and vomiting, bleeding or excessive bruising/swelling, redness or other evidence of infection, pain unrelieved by prescribed medication, difficulty breathing please contact our clinic nurses between 8.00am and 6.00pm. Outside these hours please contact your local emergency centre or referring doctor.