

Gynaecology Day Services Unit, The Women's Centre

Information and advice after a surgical procedure under general anaesthetic

Information for patients



Anaesthetic drugs remain in your body for **24 hours** and gradually wear off over this time. After your general anaesthetic, while you still have the drugs in your system, it is important to follow the instructions in this leaflet.

For 24 hours after your general anaesthetic:

- Do not operate machinery or appliances (such as a cooker or kettle).
- Do not lock the bathroom or toilet door, or make yourself inaccessible to the person looking after you.
- Do not have a bath or shower until 24 hours after your procedure, unless you are advised otherwise.
- Drink plenty of fluids and eat a light diet, avoiding heavy or greasy foods, as this may make you feel sick.
- Avoid alcohol, as this may also make you feel sick.
- Think about whether you need time off from work and avoid strenuous exercise.
- You should not be making important decisions or signing legal/important documents.
- Be aware of using social media over the next 24 hours, as you may not be fully aware of what you are posting.

Driving

The DVLA states that you must not drive a car or any other vehicle, including bicycles, for **48 hours** after your general anaesthetic. After this time you need to think about whether your pain or wounds might affect your ability to drive safely. We suggest that you get into your car while it is still parked, to see whether you are comfortable. One way to tell whether you may be able to drive safely is if you are able to perform an emergency stop comfortably and quickly.

Signs to look out for

Please contact us if you have any problems overnight or in the next 72 hours, such as:

- new/fresh or increased bleeding
- pain not controlled with painkillers
- vomiting that prevents you from keeping fluids down
- worsening nausea/vomiting and feeling bloated. This is particularly important if you have had keyhole surgery.

Gynaecology Day Surgery:

Tel: **01865 222 014**

(8.00am to 7.00pm, Monday to Friday)

Gynaecology Ward:

Tel: **01865 222 001/2**

(after 7.00pm and during weekends/bank holidays)

If you have any concerns after 72 hours please contact your own G.P or out of hours service, including NHS 111.

If you have a specific requirement, need an interpreter, a document in Easy Read, another language, large print, Braille or audio version, please call **01865 221 473** or email **PALSJR@ouh.nhs.uk**

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www.ouh.nhs.uk/information

