

**Post Anesthesia Discharge Instructions**

1. **Upon discharge from the Post Anesthesia Recovery Unit, a responsible adult will need to sign you out, drive you home and be available to assist you, as needed for the next 24 hours.**
  
2. Upon discharge from Santa Barbara Surgery Center, be sure to follow your physician's instructions regarding diet, activity and medication. A copy of those instructions will be sent home with you. Rest and take it easy the day of your surgery.
  
3. It is normal to feel dizzy and/or sleepy after an operation, so for at least **24 hours DO NOT:**
  - Drive or Operate Machinery
  - Drink Alcohol
  - Make Important Decisions
  - Sign any Legal Documents
  
2. If you develop a fever (greater than 101 degrees Fahrenheit), develop foul smelling drainage, have uncontrolled pain, experience persistent nausea and vomiting, note any measurable amount of bleeding or swelling at the incision site, call your physician immediately.
  
3. Please contact your physician if you have any other questions regarding your post-operative care.

**For Any Emergencies: Call 911**

I hereby acknowledge receipt of the instructions listed above:

\_\_\_\_\_  
Signature of Patient or Responsible Adult

\_\_\_\_\_  
Date

\_\_\_\_\_  
Time

