

# General Postoperative Instructions

## 1. Getting home and postoperative supervision.

It is extremely hazardous to drive after general anesthesia or intravenous sedation. Please arrange for a responsible adult to drive you home and stay with you for at least 24 hours.

## 2. Activity for the first 24 hours.

The effects of anesthesia can remain in your body as long as 24 hours. After surgery, you must plan to rest for 24 hours, and avoid straining and stooping.

## 3. Diet.

After surgery you may take liquids such as soup, tea, soft drinks, or Jell-O. Gradually progress to a soft diet and then a regular diet over the next 24 hours.

## 4. Smoking.

It is vital that you do not smoke for at least two weeks before and after surgery to avoid respiratory and wound healing complications.

## 5. Medications, herbal supplements, vitamins and alcohol.

Fill your prescriptions and take your post-operative medications as directed. If you should become nauseated or develop a rash, call the office. You may resume your regular medications unless Dr. Boyd directs otherwise. However, avoid aspirin and aspirin-containing products for two weeks before and after surgery. Remember, many herbal supplements adversely affect the clotting process and actively cause bruising and bleeding. These, too, should be stopped two weeks before surgery and may be resumed two weeks afterwards. Avoid alcohol until post-operative medications are finished. Dr. Boyd does not recommend taking mega doses of vitamins in excess of the normal daily requirement (which is more than adequately met by a normal balanced diet). Please discontinue this form of medication for two weeks before and after surgery unless you are being treated for a specific deficiency. One multivitamin tablet per day is permissible, however.

## 6. Surgery-specific instructions.

You must follow Dr. Boyd's specific instructions as related to your particular surgery. Notify the office (310) 295-2287 at once of any unexpected changes in your condition.