

Gaithersburg Foot & Ankle Surgery Center, LLC

60 Market Street, Suite 202
Gaithersburg, MD 20878

**Dr. Jon Sherman
Podiatrist**

Tel: 301-330-5666
www.bestfootcare.com

POST ANESTHESIA DISCHARGE INSTRUCTIONS

1. It will generally take 12-24 hours for your body to eliminate the effects of the anesthesia drugs. Although you may feel that you are fully awake and alert, your reflexes will not be back to normal during that time.
2. Do not drink any alcoholic beverages for the first 24 hours.
3. Do not smoke!! You are likely to fall asleep on and off until the effects of the anesthetic have completely worn off – smoking during this time is a definite fire hazard!
4. Do not drive or operate heavy machinery for the first 24 hours.
5. You may eat and drink fluids as tolerated.
6. Resume any medications you were taking before the anesthesia as directed by your doctor.
7. You may feel chilly for several hours after the anesthetic – this is not unusual. Drinking plenty of fluids – warm or cold as desired – will help you get over this more quickly.
8. If you have any questions or problems related to your anesthesia, you can reach the doctor by calling 301-529-3304.

Patient, Parent or Guardian

Date