



## DISCHARGE INSTRUCTIONS

# FOLLOWING DAY STAY PROCEDURE UNDER SEDATION OR GENERAL ANAESTHETIC



You have had a procedure at Chelsea Hospital as a day stay patient. You may have had a general anaesthetic or sedation. This means you need to be aware of several things.

### **GENERAL ANAESTHETIC AND SEDATION CAN IMPAIR YOUR REFLEXES AND JUDGEMENT FOR UP TO 24 HOURS**

- You will need appropriate transport home.
- You will need someone with you overnight, as the effects of the sedation can last up to 24 hours.
- You will need to have access to a telephone following discharge
- You will need to be within one hour of appropriate medical assistance following discharge. This means a hospital emergency department or emergency GP care.
- You are unable to drive for 12 hours as the effects of the anaesthetic or sedation, which include impaired judgement and reflexes can last for up to 12 hours.
- It is advisable to take the following day off work particularly if you do a job that requires you to drive, operate machinery or work at heights etc.
- It is not advisable to drink any alcohol for 24 hours.
- It is also not advisable to sign any legally binding documents within 24 hours of your procedure.

## **CONTACT DETAILS FOR EMERGENCY CARE FOLLOWING DISCHARGE**

### **GISBORNE HOSPITAL**

869 0500 ext 8139

### **WAIROA HOSPITAL**

24 hour emergency care – 06 838 7099

### **TE PUIA HOSPITAL**

24 hour emergency GP cover – 06 864 6803

We wish you well with your recovery following your procedure and will be in contact in the next two days to see how you are progressing. You are welcome to contact one of our nurses if you have any questions. You will have a follow-up appointment with your surgeon organised.

– Chelsea Hospital Nursing Team