



POTENTIAL SIDE EFFECTS OF ANESTHESIA / SURGERY

SYMPTOMS	WHAT TO DO IF YOU EXPERIENCE THESE SYMPTOMS
NAUSEA / VOMITING	<p>Nausea and vomiting are common for patients recovering from surgery.</p> <ul style="list-style-type: none"> • Ice chips, saltine crackers, or peppermints may help reduce these symptoms. <p>Extreme symptoms may require additional medications, contact your surgeon if not resolved after 24 hours.</p>
TIREDNESS / FATIGUE	<p>Tiredness and fatigue are common after surgery. This can be due to anesthesia and/or the surgical procedure itself.</p> <ul style="list-style-type: none"> • Allow yourself extra time to rest and follow activity restrictions as stated by the surgeon/discharge instructions.
SCRATCHY THROAT / HOARSENESS	<p>If a breathing tube is inserted into your mouth, you may experience a scratchy throat and/or hoarseness.</p> <ul style="list-style-type: none"> • Throat lozenges or gargling with salt water may help. <p>These symptoms generally resolve within 48 hours.</p>
DIZZINESS	<p>Dizziness or mild lightheadedness can be due to medications and/or fluid changes in your system.</p> <ul style="list-style-type: none"> • Maintain hydration, avoid sudden position changes, and sit for a period at bedside prior to standing to avoid falls.
PAIN	<p>Some ways to control pain include:</p> <ul style="list-style-type: none"> • Ice packs, splinting incisional area, changing position, taking prescribed pain medications, or over the counter pain relievers. <p>If you have unresolved pain, refer to your discharge instructions and contact your surgeon.</p>

Some patients may notice these symptoms immediately post-operatively, and others may notice symptoms after they are home recovering. If you do experience any of these symptoms, please refer to your discharge instructions for guidance. If symptoms do not improve after 48 hours, please contact your doctor.