



Mr Markus Nikitins

83 Kensington Road, Norwood

All enquiries: 8223 7870

***If you have any concerns, please
contact your surgeon on 8223 7870***

**Post Operative
Instructions**

Neurolept Anaesthesia



Reviewed by Consumer Representative
2024-05

Post Operative Instructions:

Post operative instructions are intended as a guide only and are not a substitute for medical attention.

PLEASE RETURN HOME AND REST

A responsible adult must stay with you for the first 24 hours following surgery.

ACTIVITIES

The medication that was used to sedate you will be circulating in your body for the next 24 hours, so you may feel a bit sleepy. This feeling will slowly wear off.

FOR THE NEXT 24 HOURS YOU SHOULD NOT

- Drive a car
- Drink any alcohol including beer
- Make important decisions or sign important documents
- Travel alone by public transport
- Use hazardous machinery
- Use sharp instruments eg scissors or knives
- Engage in sports, heavy work or heavy lifting

BECOMING MOBILE AFTER SEDATION

After lying down, sit up slowly and sit on the edge of the bed for a short time. If you do not experience any dizziness, you may stand up. Stand beside the bed for a moment before walking. If you are walking, walk slowly. Do not try to stand for long periods.

SURGERY SITE

Keep the dressing clean and dry (unless otherwise instructed). Some light bleeding or oozing may be present after surgery, but should gradually subside, however if the

dressing becomes saturated, contact your surgeon. If surgery has been performed on a limb, it is important to keep the surgical site elevated whenever possible to help reduce swelling and discomfort.

PAIN

You may have some pain. You may be given a prescription by your surgeon, and if so, take as directed. If extreme pain persists, contact your surgeon. Any drugs containing Aspirin should not be taken (if unsure consult your surgeon). Call your surgeon if the affected arm or leg becomes cold to touch, blue, tingly, numb, or if you have excessive pain or swelling. Pain or bruising at the anaesthetic injection site may be noticed, but this should settle down without any active treatment.

NAUSEA

Nausea and vomiting are occasionally present after an anaesthetic, but do not be concerned about this. If it persists drink water only and call your surgeon.

PROTECTION OF AN ANAESTHETISED LIMB

1. The site of the surgery and the affected limb may take a few hours to return to normal as the local anaesthetic may block the nerves which act to protect the limb from injury.
2. **While the area is still numb from anesthesia, you should:**
 - Protect the limb from any potential injury.
 - Avoid putting pressure on or exposing the area to heat, as it may not feel pain normally.
 - Take extra care not to cut, bump, or bruise the affected limb.
 - Ensure the limb does not rest on hard or sharp surfaces for extended periods — use a soft pillow for support.