

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

**Mr Markus Nikitins**

**83 Kensington Road, Norwood**

**All enquiries: 8223 7870**

**Post Operative  
Instructions**

**Neurolept Anaesthesia**



Reviewed by Consumer Representative  
2024-05

## **Post Operative Instructions:**

These are intended as a guide only and are not a substitute for medical attention.

### **PLEASE RETURN HOME AND REST**

We strongly recommend that you have a responsible adult 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). The surgery performed will determine the amount of bleeding to be expected. Normally one might anticipate

spotting on the dressing. If the dressing becomes saturated, contact your Surgeon. Whenever possible, keep the surgery site elevated 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 anaesthetised you should:
  - Protect the limb from injury.
  - Do not squash or burn the anaesthetised area.
  - Be very careful not to cut or bump the affected limb.
  - Make sure that you do not allow the anaesthetised area to rest on hard or sharp surfaces for long periods of time – support the limb on a soft pillow.