



# General anaesthetic and sedation: aftercare advice

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## Information for patients from Day Surgery

### When you get home and for the first few days after your surgery

- Arrange for someone to collect you from hospital and look after you for the first 24 hours.
- You must rest for 24 to 48 hours after your operation.
- If you have had a **general anaesthetic**, avoid drinking alcohol, smoking, or taking sleeping tablets for 24 hours after your operation.
- If you have had a **general anaesthetic**, do not drive, cook, or operate any machinery for 24 to 48 hours after your operation.
- Take the pain relief medication as prescribed by the hospital.
- You may eat and drink as you wish, however your appetite may be poor to begin with.
- Some people may feel emotional or “weepy” during the first few days; this is normal.

### What should I do if I have any concerns or questions?

If you have any queries, please contact one of the following.

- Canterbury Day Surgery Centre, **Kent and Canterbury Hospital**, Canterbury  
Telephone: 01227 783114 (7:30am to 8pm)  
Telephone: 07887 687645 (8pm to 7:30am)
- Day Surgery, **Queen Elizabeth the Queen Mother Hospital**, Margate  
Telephone: 01843 234499 (7:30am to 8pm)  
Telephone: 07887 651162 (8pm to 7:30am)
- Channel Day Surgery, **William Harvey Hospital**, Ashford  
Telephone: 01233 616263 (24 hours a day, 7 days a week)

**This leaflet has been produced with and for patients.**

If you would like this information in **another language, audio, Braille, Easy Read, or large print** please ask a member of staff. You can ask someone to contact us on your behalf.

**Any complaints, comments, concerns, or compliments** please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 783145 (tel://+441227783145), or email [ekh-tr.pals@nhs.net](mailto:ekh-tr.pals@nhs.net) ([ekh-tr.pals@nhs.net](mailto:ekh-tr.pals@nhs.net))

**Patients should not bring large sums of money or valuables into hospital.** Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property has been handed into Trust staff for safe-keeping.

**Further patient leaflets** are available via the East Kent Hospitals website (<https://www.ekhuft.nhs.uk/information-for-patients/patient-information/>).

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