



# 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 (7am to 8pm)
- Day Surgery, **Queen Elizabeth the Queen Mother (QEQM) Hospital**, Margate  
Telephone: 01843 234499 (Monday to Friday 7am to 9pm)  
Telephone: 07887 651162 (Monday to Friday 9pm to 7am) (Bank Holidays and weekends, 24 hours a day)
- 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.**

**Please let us know:**

- If you have any accessibility needs; this includes needing a hearing loop or wanting someone to come with you to your appointment.
- If you need an interpreter.
- If you need this information in another format (such as Braille, audio, large print or Easy Read).

**You can let us know this by:**

- Visiting the Trust web site (<https://www.ekhuft.nhs.uk/ais>).
- Calling the number at the top of your appointment letter.
- Adding this information to the Patient Portal (<https://pp.ekhuft.nhs.uk/login>).
- Telling a member of staff at your next appointment.

**Any complaints, comments, concerns or compliments**, please speak to a member of your healthcare team. Or contact the Patient Advice and Liaison Service on 01227 783145 or email ([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 information leaflets** are available via the East Kent Hospitals' web site (<https://www.ekhuft.nhs.uk/patient-information>).

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