

Addendum to Post-Operative Instructions

General anesthesia effects ones ability to adapt to changes in body position. Rapid changes in body position, i.e. from lying to standing and from standing to walking, can result in fainting. To prevent self-injury, please follow these instructions:

- 1) Please do not leave patient unattended until the effects of anesthesia have worn off.
(Typically about 12 – 24 hours)
- 2) When moving from a reclining to a sitting position, have patient sit up slowly and help support them for 1–2 minutes. Then have patient stand for 1-2 minutes before walking.
- 3) Assist patient to and from the bathroom, kitchen, etc and do not leave them unattended, especially during their very drowsy stage. All patients (male and female) must sit while urinating. Standing is **NOT** allowed.
- 4) If a patient feels faint, lightheaded or dizzy, or appears to be pale, recline them immediately with their feet elevated.
- 5) If fainting does occur, it will most certainly alarm you. It is characterized by loss of consciousness, the eyes may appear to roll back in their sockets, they may demonstrate tremors or seizure-like activity and may have a weak pulse. They may have cold sweaty skin and a pale color. If this should occur, lay the patient flat, elevate their feet, place a cold washcloth on their forehead and reassure them once they regain consciousness then please call the office. If it is after office hours, please call Dr. Perry's home number (937) 294-1980 or his cell phone number (937) 620-9956.

Minor to severe injuries can occur as a result of fainting. Please, **never** allow a sedated patient to get up or to move about without assistance.