



# Side Effects of General Anesthesia

Anesthesia team members give general anesthesia medicine through an IV or breathing mask.

## Nausea and Vomiting

General anesthesia and some pain medications may cause nausea or vomiting.

### Tips:

- Don't push yourself to eat.
- Start with clear liquids and slowly try more solid food, unless otherwise directed by your physician.
- Call your health care provider if you continue to vomit.



## Drowsiness

It is common to feel drowsy or lightheaded for up to 12 hours after the procedure.

### Tips:

- Drink plenty of fluids. Dehydration is the most common cause of these symptoms.
- Do not drive or use machinery for 24 hours.
- Do not make important decisions or sign legal documents for 24 hours.
- Do not drink alcohol or take medications that make you drowsy for 24 hours.



## Sore Throat

The placement of a breathing device into your throat may cause some soreness and hoarseness.

### Tips:

- Drink plenty of fluids.
- Try to rest your voice.
- If soreness continues for more than a week, contact your health care provider.



## Pain

Some pain can be expected following your procedure.

### Tips:

- Follow your surgeon's instructions for pain medications.
- Walk around as tolerated.

