

Post-Operative Care Instructions for Outpatient Surgery Under General Anesthesia

門診病人採全身麻醉術後之注意事項

1. After the surgery, the patient will be monitored in the recovery room for 1 to 4 hours. Once vital signs are stable and the anesthesiologist gives approval after assessment, the patient will be discharged in the company of a family member.
2. Monitor the patient's breathing condition. When the patient is transferred out of the operating room, he/she should:
 - (1) Be easily awakened by verbal communication.
 - (2) Be aware of the person, time, and place.
 - (3) Maintain and protect his/her airway.
3. Observe the patient's skin color. If there is any purple discoloration in the lips or tips of the extremities, notify the nurse immediately.
4. After discharge, it is recommended that the patient be accompanied for at least 24 hours. Symptoms such as dizziness, light-headedness, or a heavy head may persist within the first 24 hours after surgery. Avoid engaging in any dangerous or vigorous activities, operating machines, driving, riding a motorcycle, or going out. If the patient needs to go out, he/she must be accompanied by a family member.
5. When getting out of bed, the patient should first sit on the edge of the bed. Once there are no symptoms of dizziness or discomfort, the patient can get out of bed or use the restroom with the assistance of a family member to avoid falls or other accidents.
6. Do not drink alcoholic beverages within 24 hours after surgery. Watch for symptoms of nausea or vomiting, and if any, turn the patient's head to one side to prevent choking. After returning home, the patient should start with drinking a small amount of water, and if not vomiting or feeling any discomfort, may resume eating gradually with small meals more frequently.
7. Ensure that the patient urinates. If the patient has not urinated within six hours, he/she should return to the hospital for medical evaluation.