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# Information for Adults having a General Anaesthetic

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## Rest and activity

Don't feel upset if you get tired easily, most people are tired when they go home.

Only do as much as you feel able to do and gradually increase your activity until you feel back to normal.

Try to go to bed when you get home and ask your carer or relative to make sure you are not disturbed so you can rest.

## Eating and drinking

You can eat and drink as much as you like when you get home.

Some people find they are not very hungry at first and only need fluids such as water.

**Do not drink alcohol or take sleeping tablets for the first 24 hours after your operation.**

## Sleep and pain relief

You may find it difficult to rest because of pain or because your movement is restricted.

You may find it helpful to take a mild painkiller such as Paracetamol before you go to bed. You may also be prescribed painkillers depending on the operation you had.

## Bathing and showering

It is sensible to arrange to have someone with you when you bath or shower. You may not need help, but sometimes you can feel light headed when getting out of the bath.

## Wound healing

You should seek help if:

- ~ The amount of pain in your wound gets worse
- ~ The amount of redness or swelling around your wound gets worse
- ~ You notice any smelly, yellowish discharge or pus from your wound

## Driving or operating machinery

You should not drive for 24 hours while still affected by the anaesthetic.

You should also not do anything that requires good co-ordination.

You should also not use a kettle or cooker for the first 24 hours following your operation.

## Work

You should always take the day after your operation off from work.

You may need to take longer off work depending on your operation.

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## Information for Adults having a General Anaesthetic continued...

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### Who can I contact for more help or information?

**Dr Peter Campbell**

Suite 9, level 9, Evan Thomson Building, The Wesley Hospital,  
Chasely St,

Auchenflower, QLD 4066

(07) 3367 1608,

[www.campbellurology.com.au](http://www.campbellurology.com.au)

**The Wesley Hospital, Urology Ward**

451 Coronation Drive,

Auchenflower, QLD 4066

(07) 3232 7168

[www.uhc.com.au/wesley](http://www.uhc.com.au/wesley)

**The Wesley Emergency Centre**

451 coronation Drive,

Auchenflower, QLD 4066

(07) 3232 7333

**Greenslopes Private Hospital, Continence Advisor**

Newdgate St,

Greenslopes, QLD 4120

(07) 3394 7978

[www.greenslopesprivate.com.au](http://www.greenslopesprivate.com.au)

**Greenslopes Private Hospital Urology Ward**

Newdgate St,

Greenslopes, QLD 4120

(07) 3394 7261

[www.greenslopesprivate.com.au](http://www.greenslopesprivate.com.au)

**Greenslopes Private Hospital Emergency Centre**

Newdgate St,

Greenslopes, QLD 4120

(07) 3394 6777

[www.greenslopesprivate.com.au](http://www.greenslopesprivate.com.au)

**The Queen Elizabeth II Jubilee Hospital,  
Urodynamics Department**

Kessels Rd,

Coopers plains, QLD 4108

(07) 3275 6346

**American Urological Association Foundation**

1000 Corporate Blvd, Suite 410,

Linthicum, MD 21090

1800 828 7866

[www.urologyhealth.org](http://www.urologyhealth.org)

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If you wish to retain a copy for you own records, one will be provided.

*I have read this information sheet and I accept the information it provides.*

Signature

Date

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