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## General Anesthesia or Sedation Post-Op Instructions

- After general anesthesia or sedation, immediately go home and take it easy for the next 24 hours.
- Once you are home, eat lightly the remainder of the day. Eat a sufficient quantity of nutritious foods (example: soup and cooked vegetables — No fast food) to maintain your nutritional intake. Start out with clear fluids.
- The following day, begin to resume your usual dietary intake carefully and gradually without overloading your stomach.
- No activities. (No driving. No operating equipment. No important business calls. No physical activities for the next 24 hours.)
- You may resume normal activities the next day.