Hwb Llawfeddygol
Ysbyty Llandochau
Surgical Hub
@Llandough

Discharge information after general anaesthetic

GIG CYMRU NHS WALES
Bwrdd Iechyd Prifysgol Caerdydd a'r Fro
Cardiff and Vale University Health Board

You had a general anaesthetic for your procedure today. This means that you were put to sleep to allow the procedure to be performed comfortably.

Common safety questions:

You may feel drowsy, so for the next 24-48 hours you should **NOT:**

- Drive a vehicle, ride a bike or operate heavy machinery.
- Drink alcohol or take recreational drugs.
- Make important decisions or sign important/legal documents.
- Be responsible for children or other dependents.
- Cook, use a kettle or operate machinery.

You **should NOT be left on your own** for the first day and night post-operatively.

Contact your GP or 111 if you have any concerns or experience any of the following at home:

- Raised temperature.
- Wound concerns e.g. bleeding, swelling, redness, pus/discharge.
- Severe/worsening pain.

Call 999 or go to your nearest A&E if you experience any of the following:

- Shortness of breath.
- Slow or rapid/shallow breathing.
- Chest pain.
- Blue lips/fingernails.
- Wheezing.
- Excessive drowsiness.

Key contact numbers

Surgical Hub (7am-7pm Monday-Friday):
02921 826510 or 02921 826348
Your GP
111 for out of hours GP services or A&E

Version 1.1 April 2026