



after sedation

You had **sedation** for your procedure today.

This is a medication that does not put you fully to sleep but helps you to relax and tolerate your procedure.

Common safety questions:

- You may feel drowsy, so for the next 24-48 hours you should **NOT:**
 - Drive or operate heavy machinery (your insurance will be invalid if you do so).
 - Drink alcohol.
 - Make important decisions or sign important/legal documents.
 - Be left on your own.
- Return to work and normal activities when you feel able.

Looking after yourself:

- Drink plenty of fluids, eat a light diet.
- Take paracetamol as needed for pain.
- If you have any worries or concerns at home, contact your GP or 111 for advice.

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