

## ANESTHESIA BASIC INFORMATION

- Anesthesia is the use of medication to cause a lack of awareness during surgery or a procedure. Below is a brief explanation of the different types of anesthesia that may be discussed with you during your pre-anesthesia consultation visit.
- **General Anesthesia** – The primary goal of general anesthesia is to provide a complete lack of awareness and pain sensation during a surgery or procedure. General anesthesia is when you are made unconscious for a surgery or a procedure with the use of medication. After you are asleep, a breathing tube may be placed and connected to a ventilator to help you breathe during surgery. Once the surgery is complete, the breathing tube is removed before you are fully awake.
- The anesthesia care team will closely monitor your blood pressure, heart rate, oxygen saturation in your blood and your brain activity during surgery. It is important to tell doctors before your surgery if you or anyone in your family has ever had any problems with anesthesia.
- **Regional Anesthesia** – Regional anesthesia is when the nerve supply to the part of the body where the surgery is being performed is blocked with a local anesthetic so no pain is felt. The types of regional anesthesia that may be used for surgery include spinal, epidural or peripheral nerve blocks. Regional anesthesia can be used by itself with no other medication, but frequently it is combined with sedative drugs to make you relaxed or sleepy during surgery. For pain relief after surgery, regional anesthesia is sometimes used in addition to a general anesthetic.

### Types of Regional Anesthesia:

- **Epidural/Spinal** – Spinal and epidural anesthesia are usually used for surgeries involving the lower part of the body. This type of anesthesia involves injecting a drug into the patient's back to numb the lower half of the body. A spinal anesthetic is a single injection of medication while an epidural is a tiny tube placed in the back through which local anesthetics are given before, during and after the surgery. Depending on the type of surgery you are having, the epidural may also be used for pain relief following surgery. Remember you will not be able to move your legs until the block resolves.
- **Nerve Blocks** – This type of anesthesia is used to block the feeling of an arm, hand, shoulder, leg or foot. While nerve blocks can be used as the only anesthetic, they are frequently combined with sedative drugs or a general anesthetic. In addition, they are helpful in providing pain relief after surgery. A small ultrasound machine is used to visualize the nerve or group of nerves around which the local anesthesia will be placed. The "blocked" area will remain numb for 12 to 18 hours depending on how quickly your body eliminates the local anesthetic. One of the side effects of the nerve block is that you will not be able to move that extremity until the block resolves. Remember, the same nerves that transmit the sensation of feeling also transmit the signal to make your muscles move. Finally, medication will be given to you prior to the block, so that you will be comfortable and sleepy while the block is being performed.

## PRE-OPERATIVE INSTRUCTIONS: ANESTHESIA

- Every surgery or procedure is unique. Therefore, you should always consult your anesthesiologist with specific questions about your surgery or procedure.
- Pre-Anesthesia Consultation Clinic (PACC):

During your PACC appointment, our team will:

- Gather information about your medical, surgical and anesthesia history;
- Many medical conditions can affect recovery from surgery. It is important that any known conditions are controlled as soon as possible, prior to your surgery. Diabetes, High blood pressure (hypertension), anaemia, Heart, lung and other medical problems; Anxiety and mental health should be informed to your doctor.
- Educate you and your family members regarding anesthesia and post-operative pain control options;
- Answer any of your questions about your anesthesia and help decrease some of your concerns regarding;
- Offer methods to optimize your health so that you can be best prepared for your surgery;
- A member of the PACC team will review your past medical and surgical history, any tests you may have had done (blood studies, EKG, echocardiogram, stress test, etc.) and your prior experiences with anesthesia. This information will be reviewed and helps determine if any further testing or evaluations are needed prior to your surgery.
- For women, if there is any possibility you are pregnant, please notify your doctor.
- During your PACC visit we will discuss anesthesia options, which are based upon your individual needs, the type and length of surgery, and your past medical and surgical history. The type of anesthesia you receive will ultimately be decided on the day of your surgery when you meet with your anesthesia care team outside the operating room.
- They will also ask you questions regarding current or past medical conditions, allergies and medications you are taking. Please don't hesitate to ask any questions you may have and be sure to let the staff know of any special needs.

## PREPARING FOR YOUR SURGERY

- Eating and Drinking:

Pre-op Fasting	
Diet	Minimum fasting period (hours)
Solid foods and beverages	8 hours
Milk, fruits, vegetables, juice	6 hours
Coffee, Tea, Water	4 hours

- Do not smoke or drink alcohol 24 hours prior to surgery.
- Leave all valuables at home, including watches, rings, jewelry and wallets.
- Notify your physician of any changes in your health, such as cold, fever or sore throat.
- Remove all type of artificial nails, artificial hair and piercings.
- For your safety, please arrange for an adult to drive you home afterwards. You will not be allowed to drive yourself home.

#### DAY OF YOUR SURGERY OUR PROCEDURE

- Unless instructed otherwise, please take all your normal medications with a very small sip of water if it is within the 8 hours prior to surgery.
- Certain diabetes medications and blood thinner medications may need to be withheld prior to surgery. Your anesthesiologist will have discussed this with you.
- Patients with Asthma: You should use your inhaler the morning of surgery and bring it with you to the hospital. If needed, you may use your inhaler as directed by our physician.
- Your hair needs to be dry, don't use any products such as hair spray, mousse or gel.
- Arrive promptly at the scheduled time. This will allow adequate time for all necessary admission procedures.
- Be sure to bring any paperwork your doctor gave you, such as test results or your medical history, and a list of medications you are taking.
- Wear comfortable, loose fitting clothing.
- Upon arrival, you will be provided with a hospital gown and slippers. You will be asked to remove contact lenses, heavy make up, jewelry, dentures and any prosthesis.

#### POST-OPERATIVE INSTRUCTIONS IN THE RECOVERY AREA

- After the procedure, you will be moved to the Recovery Area where you will be closely monitored until you are ready to go home.
- When you are fully awake, your companion will be able to join you.
- It is normal to feel discomfort in the area of your surgery. You may also experience some drowsiness or dizziness, depending on the type of anesthesia you received.

#### AT HOME AFTER YOUR PROCEDURE

- Your surgeon will provide specific instructions for care while recovering at home. In the event of any difficulty, please call your surgeon.
- For the first 24 hours following your procedure, do not engage in strenuous activities, drink alcoholic beverages, drive or make critical decisions.

