

ABOUT YOUR ANESTHESIA

INTRODUCTION

A number of anesthesia options are available and your anesthesia provider will discuss with you which one is most appropriate for your health status and procedure. Some procedures require General Anesthesia, while others may be done with IV sedation. With either, your heart rate, blood pressure, breathing and oxygen levels are monitored continuously by your anesthesia provider.

General Anesthesia means that you are completely asleep for surgery and the placement of an intravenous line and a breathing tube is required. Frequently, numbing medication is also placed during surgery by your surgeon.

IV sedation, is also called “monitored anesthesia care” or MAC. This involves receiving sedation and pain medication through an intravenous line (IV). At the beginning of the procedure, when you will be the sleepest, your surgeon will be placing numbing medication in the area of the surgery. Once the area is numb you will require less sedation and pain medication but you will continue to receive enough medication to keep you sedated and comfortable during the entire procedure. During your surgery you will be receiving oxygen. Airway devices may be placed to keep you breathing normally.

- Please make sure that the office has the phone number where you can be reached.
- The *day before surgery* you can eat normally and take your usual medication (unless it is a medication or supplement you should avoid).
- You will be contacted before your surgery by the certified registered nurse anesthetist (CRNA) providing your anesthesia to discuss any health issues and to answer any questions you might have.

BEFORE YOUR SURGERY

- *You must stop eating and drinking 6 hours before your surgery appointment (this includes candy, gum, or mints).* This is very important during surgery to reduce the chance of complications from nausea and aspiration.
- Any pills you are instructed to take the morning of surgery should be taken with only a sip of water.
- Avoid alcoholic beverages for 24 hours prior to surgery.
- *You must arrange for someone to take you home.* This should be a responsible adult who will escort you into your home and make sure you are comfortable. We cannot discharge you into the care of a transportation service provider, such as a taxi or shuttle service.
- You must also arrange for a responsible adult to stay with you for the first 24 hours following surgery.
- Wear loose and comfortable clothing on the day of surgery. A button or zip up shirt is helpful to prevent having to pull a shirt over your bandages. Warm socks are also helpful.
- *Do not wear any jewelry (i.e. rings, earrings, necklaces, piercings), contact lenses, makeup or nail polish.*
- Please bring your prescription medication (pain medication, nausea medication, antibiotics, etc) with you on the day of surgery.
- On the morning of surgery you may brush your teeth without swallowing any water.

Once you arrive at our surgery center you will meet with your surgeon prior to receiving any sedation.

AFTER YOUR SURGERY

- If needed, you can start taking your pain medication immediately after surgery, preferably with a small amount of food in your stomach.
- Once you get home you may be sleepy for the rest of the day.
- If you have nausea or pain use the appropriate medication as prescribed.
- Please do not do any of the following for 24 hours after anesthesia:
 - Drive
 - Drink alcoholic beverages
 - Travel alone
 - Operate machinery
 - Sign any legal papers
 - Be responsible for another person, such as a child