

Anesthesia: What You Need To Know

Anesthesia

You have received medicine (anesthesia, sedation or both) that made you sleepy. This will affect your ability to think clearly and make good decisions.

You have several choices for anesthesia for your planned surgery. Your anesthesiologist will discuss which of these choices are right for you. Your options depend on:

- the type of surgery you are having
- your surgeon's comments
- your medical condition
- your preferences.

An anesthesiologist supervises the process of giving you anesthesia. A nurse anesthetist will work with the anesthesiologist. They constantly monitor your condition during surgery. The anesthesiologist supervises your recovery after surgery.

Preparing for Anesthesia

- If you are taking medicines, a nurse will talk with you about whether to take them on the day of your surgery.
- If you receive general, spinal or monitored anesthesia care (MAC) anesthesia:
 - For your safety, you will need a responsible adult to drive you home and to stay with you for 24 hours.

— For 24 hours:

- Do not drive or use any machinery.
- Do not make important decisions.
- Do not drink alcohol. (It is also important to not drink alcohol as long as you are taking prescription pain medicine.)

Food and Liquid Directions Before Your Procedure

These directions are based on your scheduled arrival time. Not following these directions could mean your procedure will be delayed or canceled.

Alcohol and tobacco: 24 hours

- Do not drink any alcohol 24 hours before your scheduled arrival time.
- Do not smoke, vape, use chewing tobacco or use any other tobacco products up to 24 hours before your scheduled arrival time.

Regular foods: 8 hours

- Eat your regular foods up to 8 hours before your scheduled arrival time.

(over)

Light solid foods: 6 hours

- You may eat light solid foods up to 6 hours before your scheduled arrival time.
A light meal is:
 - juice or coffee with milk or cream
 - 1 piece of toast **or** 1 bowl of oatmeal or hot cereal.
- Do not eat any nuts or nut butters.
- Do not eat foods that are heavy or high in fat such as meat or fried foods.

Clear liquids: 2 hours

- Drink only clear liquids up to 2 hours before your scheduled arrival time.
 - Drink water, fruit juice without pulp, black coffee, clear pop or tea.
 - Do not have milk, yogurt or energy drinks.

Medicines

- Take your medicines as directed with a small sip of water.

Guidelines for babies

- **6 hours** before the scheduled arrival time
 - you may give formula.
- **4 hours** before the scheduled arrival time
 - you may give breastmilk.

Types of Anesthesia

The anesthesia you receive depends on the type of surgery you are having, your general health, and your preference. The different types of anesthesia are:

- **general.** You are completely asleep and have no sensation of pain. General anesthesia is used for a variety of surgeries.
- **spinal.** You will be numb from the waist down and will be unable to move your legs. You will gradually regain normal movement and feeling after surgery. The amount of time it takes for the spinal anesthesia to wear off is different for each person. Most patients receive sedation with spinal anesthesia.
- **monitored anesthesia care (MAC).** You will be sleepy and relaxed throughout your surgery. You may receive a sedative through an intravenous (IV) line before and during surgery.
- **Bier block (IV block).** The anesthesiologist injects a type of local anesthetic, using a special tourniquet to direct it to one area of the body. The anesthesia causes temporary numbness and pain relief. This block is usually used for hand and forearm surgery. You will receive medicine to relax you, if needed. Most patients receive sedation with the Bier block.
- **local.** The anesthesiologist injects a local anesthesia at the surgery site. Local anesthesia is often used for minor surgery. You will be awake but comfortable during the surgery. The surgeon gives local anesthesia and monitors your condition.
- **regional anesthesia.** The anesthesiologist injects medicine near a nerve to numb the area the surgeon will be working on. You will receive medicine in your intravenous (IV) line to relax you as needed.