

Anesthesia and you

Anesthesia is a major part of surgery. The anesthesiologist is responsible for administering anesthesia to relieve pain and keep you comfortable and safe during, and after the surgical procedure. With the highest degree of professionalism using advanced technology to monitor every important body function.

The preanesthetic assessment clinic

Prior to surgery, every patient should be evaluated by the anesthesiologist to formulate the appropriate anesthetic plan taking into consideration his or her physical status. The anesthesiologist will be ready to answer all your questions and will inform you about risks, benefits and alternatives of anesthetic that will be given to you.

Different types of anesthesia

Monitored anesthesia care: pain medications, sedatives or both are given in your intravenous line to help you feel relaxed and sleepy during the procedure, usually done under local anesthesia.

General anesthesia: makes you temporarily unconscious so that you will not feel, see or hear anything during the procedure. The anesthetic medications are given to you through an intravenous line or sometimes through fake mask.

Nerve block: involves injecting local anesthetic around a peripheral nerve or a group of nerves supplying a region of the body involved in the surgical procedure. Local anesthetics stop nerves from working temporarily, so that no sensation in the area of the body supplied by the nerve(s) occurs.

Spinal and epidural blocks: anesthetize both lower extremities and the abdomen. Both spinal and epidural anesthesia involve placing medications directly in the vertebral canal.

In a spinal anesthetic: a very thin needle is inserted in the lower back between the bones of the lumbar spine, advanced through the membrane (Dura) converting the fluid surrounding the spinal cord.

Injection of a small amount of local anesthetic in this area will anesthetize both legs and abdomen. The duration of spinal anesthesia depend on the type and the amount of local anesthetic medication administered.

Epidural anesthesia: may be given as a single injection outside the sac of fluid that surrounds the spinal cord or more frequently by inserting a tiny, flexible catheter (tube) in this same place. This allows us to administer more doses of anesthetics more doses of anesthetics in case of long surgical procedures. In some cases we can keep this catheter for a few hours or days to administer pain medications during the postsurgical period.



During all previously mentioned type of anesthesia you will be under full observation and monitoring devices needed for your case.

The postanesthesia care unit

The postanesthesia care unit is where you go at the end of the operation, where you will be closely monitored by specially trained nurses until you are stable and awake enough to be transferred out of this unit to the floor

Postoperative pain management

The choice of the technique for the postoperative pain relief will be discussed with your surgeon and the anesthesiologist prior to the procedure. You will receive pain killers as much as you need.

What are the risks of anesthesia?

Fortunately, adverse events and risks are very rare. The specific risks of anesthesia vary with the particular procedure and the condition of the patient, this will be explained to you by your anesthesiologist. You should ask your anesthesiologist about any risks that may be associated with anesthesia.

What about eating or drinking before my surgery?

You should not eat or drink anything including water after midnight before your surgery or at least 8 hours before surgery (this includes chewing gum, tobacco, candy, etc...)

Will I need someone?

It is strongly recommended someone staying with you during the first 24 hours after your surgery. If you are leaving the hospital after your anesthetic you will not be allowed to leave or drive yourself home.

Should I take my usual medications?

Some medications should be taken and others should not. Do not start or interrupt medications unless anesthesiologist or surgeon recommends it.

What if I become sick before my surgery? You should be evaluated and your surgery might be postponed.

Remember!

- No nails polish, no makeup.
- If you wear contact lenses, bring the contact lenses, bring the container and the solution for them and bring your glasses too.
- Remove dentures.
- Leave your jewelry and valuables at home.
- Bath or shower the night before or the morning of the surgery.

Contact info:
+961 1 372888
ext: 1375



Anesthesia and you

Patient Education