

Anesthesia Overview

Before Your Appointment

- ✓ Complete the medical history and consent form prior to your appointment. This allows our anesthesiologists to review the medical history before your appointment and prepare based on your medical history if necessary.
- ✓ Follow the pre-appointment guidelines regarding food and drink. An empty stomach minimizes the chance of vomit being inhaled into the lungs during the procedure, which could result in serious lung damage. Do not eat or drink for 8 hours before the appointment.
- ✓ Recent cough or fever? Please call the office so your anesthesiologist can review your symptoms to decide if it's best to reschedule your appointment.

Induction of Anesthesia

"Induction" is the start of anesthesia. There are several methods of starting general anesthesia. The type of induction depends on several patient factors: medical history, level of cooperation, and surgical complexity. Your anesthesiologist will choose the most appropriate method of induction.

1. ***Mask Induction with inhalational anesthesia:*** This method may be selected for patients who cannot sit still for an IV placement or for patients who are afraid of needles. An anesthetic gas is delivered to the patient through a mask for approximately 1 minute and an IV is placed after the patient is asleep.
2. ***Intramuscular induction with sedative medications:*** This is another method that may be selected for patients who cannot sit still for an IV placement. If selected, your anesthesiologist will inject anesthetics into the upper arm or thigh. The sedatives will take effect in about 5 minutes and an IV is placed after the patient is asleep.
3. ***Awake intravenous catheter placement and intravenous induction:*** This method may be selected for cooperative patients who can sit still without restraint during an IV placement. Your anesthesiologist may also select this method for patients with certain medical conditions.

Your anesthesia team will monitor vital signs throughout the procedure and in recovery. Oxygen levels, heart rate, heart rhythm, blood pressure, ventilation, and other vitals will be monitored to create a safe and comfortable environment.

Recovery

A recovery period between 30 to 90 minutes after the procedure is normal. Temporary pink markings on the body are normal from the tape used to protect the eyes, stabilize the head, secure the breathing tube, various monitors, and the IV line. Bruising may also be present from the IV placement or blood pressure cuff. Oral and facial swelling and bruising may also be present from the dental procedures, this swelling and bruising is normal and temporary.

Confusion, weakness, tiredness, and grumpiness are all normal after waking up from anesthesia. Blurry vision, dizziness, and mouth numbness may also be experienced. These side effects will resolve with time. Once at home it is normal to nap for 2-3 hours. Please plan to have someone present even when napping in case assistance is needed for mobility or comfort. Cancel all activities for the day; stay cool and indoors for the rest of the day.

Start drinking clear liquids when you arrive at home. If the clear liquids do not cause nausea or vomiting for 30 minutes, then eating can begin with soft bland foods. Dairy products, meat, and heavy fried foods should be avoided for the first 2 hours to minimize nausea and vomiting. Nausea and vomiting may occur during the car ride home or the first few hours after arriving home. Stay hydrated with clear liquids and call your anesthesiologist if vomiting is persistent beyond two hours.

Take pain medications if needed and as directed by your anesthesiologist.