

“Only small amounts of **water** are allowed until **2 hours** prior to **surgery**”

“**Failure** to follow instructions from your anesthesiologist may result in **rescheduling** or **cancelling** your surgery or procedure for safety purposes”

What To Do Before Anesthesia



• Stop smoking for as long as possible, to reduce chest problems after the surgery.



• Do not drink alcohol the night before your surgery (for non-Muslims).



• Do not eat anything 6 hours before your surgery. Before that **LIGHT** foods, snacks, milk, coffee or tea, juice and chewing gum can be taken. However, you may drink sips of water up until 2 hours before your anesthesia.



Continue to take any prescribed medicines up to and including the day of surgery. **UNLESS** you have been specially told to stop by surgeon or anesthesiologist.

How will pain relief be given?

This will depend on a number of factors including the severity of the surgery scheduled, the site of surgery and the medical condition.

Good pain relief is important for a pleasant and speedy recovery and some people need more pain relief than others. Medicines used for pain relief range from simple painkillers like paracetamol and brufen, to stronger tablets like tramadol, to powerful drugs like morphine.

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Health Shield
Medical
Center.

Ministries Complex
+971 2 6989999
www.ch-hsmc.ae



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A PATIENT GUIDE TO ANESTHESIA

Anesthesia is more than “being put to sleep”; it is a carefully controlled and supervised state that allows surgery to be performed painlessly.

“ If there is an acute **infection** (especially with fever) the **surgery** should be **postponed**. ”

“ Only Heart, Antihypertensive and Lung **medication** has to be taken on the day of surgery. ”

Who are Anesthesiologists?

Anesthesiologists are medical doctors who specialize in anesthesiology, which is the use of pain-blocking techniques or medications (anesthetics) used during your surgery/ medical procedures. This involves caring for patients before, during and after operations.

Your Anesthesiologist will be assisted by anesthesia technicians / nurse who are also specially trained.

What are the different types of Anesthesia?

General Anesthesia & Sedation.

This is where you are put into a state of controlled **unconsciousness for the duration** of your operation procedure.

Regional Anesthesia

This involves injection of local anesthesia which **numbs a particular region of your body**. You will be conscious but free from pain. You may receive some sedative if you wish to experience Spinal, Epidural and Regional Block.

Local Anesthesia

This involves injection of local anesthesia to **numb a smaller portion of your body**. You will be conscious but free from pain.

When you get to the Operating Theater:

You may be given premedication to help you relax before the operation. It also helps to reduce acidity, nausea & vomiting.

You may have anesthesia cream applied on your hand to help reduce the discomfort of the intravenous drip.



When receiving general anesthesia, you may get it through a vein (intravenously), or you may breathe it in through a mask. You will then lose consciousness within 30 seconds to 2 minutes.

Your Anesthesiologist will monitor your condition closely throughout your surgery and adjusts levels as needed.

After surgery, you will wake up in the recovery room, where you will be looked after by qualified nursing staff.

Before Surgery

Make sure you can be reached by phone on the day of surgery, in case we need to call you in before the scheduled time.

Bring an accompanying person to drive you home after surgery. Someone has to constantly care for you for 24h.

Remove dentures, contact lenses, jewelry, make-up, piercing, etc. If available please bring in any prescription drugs, medical records, and allergy statement.

Shower thoroughly. It is best to wear comfortable loose fitting training clothes.

After Surgery

Usually you are able to drink water immediately after recovery and eat food approximately 2 to 3 hours after anesthesia.

Because multiple medications may cause drowsiness, do not operate any vehicle or hazardous device for at least 24 hours post anesthesia. Do not make any major or important decisions until after full recovery from an anesthesia.

It is very important to drink plenty of fluids after anesthesia (best if un-carbonated, like sugared tea or water).

What To Tell Your Anesthesiologist

The more information you provide your anesthesiologist, the better they can plan for the most suitable kind of anesthesia for you. Discuss with them:

- Medical conditions you have, especially heart disease, chest disease or diabetes
- Medication you take- whether prescribed or bought at the chemist
- Allergies you have (and not only to medication or drugs)
- Previous problems with anesthesia, or family history of problems
- Loose teeth, dentures, capped or crowned teeth in your mouth
- If you are or suspect to be pregnant

Your anesthesiologist will examine you then discuss with you the likely type of anesthesia you will receive - including post-operative pain relief.

