

# ANESTHESIA

## 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.

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

## 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.

## 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.

## 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.