

Day Surgery

If you are going home on the same day as your operation, please make sure that there is someone to take you home and stay with you for the first 24 hours. You must not drive a car or operate machinery for 24 hours after your anaesthetic.

What are the risks?

There is risk involved with all anaesthetics and surgery, but the special training and monitoring techniques used by your Anaesthetist mean major complications are rare. Your Anaesthetist will answer any questions you may have when he/she visits you prior to the operation.

What should I do about eating and drinking before my operation?

To prevent the possible serious results of vomiting around the time of your anaesthetic you must have NO food, fluid, or water for 6 hours before your operation. This includes chewing gum, lollies and sips of water.

- For morning operations:

No food or fluid after 12 midnight, the night before your operation

- For afternoon operations:

You should have a light breakfast and then follow the fasting times given to you by the hospital staff.

What should I do about my medications before my operation?

Normal medications should be taken with a small amount of water prior to 7.30am, unless you have received other instructions.

- If you are a diabetic, it is important to follow any instructions you have been given.

- If you are taking warfarin, special arrangements will need to be made before your operation.

- If you are taking aspirin, this may need to be stopped 7 days before your operation, please consult your surgeon immediately for instructions.

All correspondence to:
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IF YOU ARE UNSURE ABOUT ANY OF THE
INFORMATION PROVIDED,
PLEASE RING THE
PRE ADMISSION CLINIC ON 5367 1568

04/2008

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Anaesthetic Information



 bacchus marsh & melton regional
hospital

ANAESTHETIC INFORMATION

What is the role of your Anaesthetist?

Your Anaesthetist is a fully qualified Doctor who has undergone specialised training to look after you before, during and after surgery. The Anaesthetist also makes pre operative assessments of any medical problems that you may have. They may also advise you on preparation for your surgery.

Your Anaesthetist will discuss with you the best type of anaesthetic, taking into consideration your condition and the type of surgery you are having. Your Anaesthetist will stay with you throughout your surgery and supervise your Recovery Room stay.

Anaesthetists are actively involved in the management of postoperative pain and other problems for as long as necessary.

What should I tell my Anaesthetist ?

Your Anaesthetist needs to know how healthy you are. You should inform your Anaesthetist of

1. Any significant illness such as:

- Asthma
- High blood pressure
- Heart disease
- Liver disease
- Kidney disease
- Diabetes etc.

2. Any problems you or a member of your family have had with previous anaesthetics.

3. Any allergies to drugs, medicines, latex or food etc.

4. Anything that may be relevant:

- eg.
- loose teeth, caps or crowns
 - if you smoke
 - the amount of alcohol you drink
 - recreational drug use

5. Any medications which you are taking.

6. Indigestion or stomach acid reflux.

These are important so that your Anaesthetist can plan your anaesthetic.

Questions:

Please feel free to ask your Anaesthetist any questions that may be worrying you about your anaesthetic.

What sort of Anaesthetic might I have?

General Anaesthetic

Anaesthesia is the name given to the state of deep and controlled sleep brought on by anaesthetic drugs. These drugs may only be administered by an anaesthetist and will allow your operation to be done.

Your anaesthetist will place a drip (intravenous line) into your arm and inject medication to make you go to sleep. You will be kept asleep by breathing a mixture of anaesthetic gases through a tube that has been placed into your airway via the mouth.

Your anaesthetist will stay with you throughout your operation and monitor you closely until after you wake up.

Regional Anaesthesia

This includes epidural and spinal anaesthetics. This type of anaesthetic is achieved by injecting a special drug around the nerves that supply a particular part of your body. You may still feel touch and pressure, but you will not feel any pain.

When this type of anaesthetic is used, you may also be given a special medicine that will make you drowsy. Sometimes a general anaesthetic is used as well.

Local Anaesthesia

A local anaesthetic drug is injected into the skin around the area. This is similar to the drugs used by Dentists.

They are also used during some operations that require a general anaesthetic to reduce the amount of pain felt after the operation.

Intravenous Sedation

These drugs are given through a intravenous drip in your arm. They are used where the patient needs to be comfortable, but doesn't need any other anaesthetic.

Is there anything special I need to do before the operation.

- If the medical questionnaire that you have completed indicates any significant problem, you will be asked to attend the Pre Admission Clinic before your operation. You may also be asked to talk to ward nurses or allied health staff, such as a physiotherapist etc.
- Follow any special instructions you are given, especially those related to whether you may eat or drink. (See note on next page)
- Medicines you are taking should be continued, unless you are given special instructions by the Anaesthetist or your Doctor.
- Ensure that you have a moderate amount of exercise for a few weeks prior to your surgery unless your Doctor has advised against exercise.
- Stop or reduce the amount you smoke, as much as you can, in the six weeks before your operation.
- Please advise the Anaesthetist if you or any member of your family have had any problems with previous anaesthetics.
- If you develop a cold, or any infection, in the week before your operation, please notify the Pre Admission Clinic.