

ANAESTHESIA



**P. D. HINDUJA HOSPITAL
& MEDICAL RESEARCH CENTRE**



Getting ready for surgery and anaesthesia is an important part of your treatment and your help is invaluable to make your surgery and recovery as smooth as possible.

ANAESTHESIA

FEAR OF PAIN is the main worry of a patient under going surgery.

Most people think that role of the anaesthesiologist is to give you an injection and you go off to sleep. Some time later you wake up and that is all there is to it. However, the anaesthesiologist is one, who prevents you from feeling this pain, keeps you warm, safe, asleep and comfortable throughout out the course of the surgery. They also keep you painfree after the surgery.

What is Anaesthesia?

The word 'anaesthesia' means loss of sensation in a part or all of the body. This is brought about by using a variety of drugs. Your anaesthesiologist will choose a suitable anaesthetic agent for you, based on the type of surgery you are having and your medical condition.

Who is an Anaesthesiologist?

An Anaesthesiologist is a medical doctor having a Post Graduate qualification in Anaesthesiology. This training provides specialized knowledge of anaesthesia, resuscitation, pain management and critical care management of a patient for surgery. It also involves training in the use of highly technical equipment used for giving and monitoring anaesthesia.

How can you help yourself before surgery?

There are several simple ways.

1. Stop smoking, ideally six weeks before surgery. 
2. Avoid alcohol consumption. 
3. Walking and deep breathing exercises will improve your general fitness. 

The Pre-Anesthetic Assessment Clinic

Nowadays, most patients coming for surgery are seen by the anesthesiologist in the pre-anesthetic assessment clinic. They review your medical history, examine you, and order laboratory tests. They will make sure that any medical conditions, which might complicate your anaesthesia, are being treated as effectively as possible. The different types of anesthesia appropriate for you will be explained, and answers provided for your questions. You will be told which of your regular medications, if any, you should take on the day of surgery. Occasionally, the anesthesiologist will request an opinion from another specialist, such as a cardiologist, to help in your assessment. Very rarely, your operation may be postponed or cancelled because of the risks involved.

The anesthesiologist who is assigned to look after you on the day of your operation will review this information, and make the final decision with you about the details of your anesthetic.

Sometimes, if you are physically fit and are having straight forward surgery, there will be no pre-arranged visit to the clinic. You will receive your pre-anesthetic assessment on the day of surgery. Occasionally patients are admitted to hospital one or more days before surgery and they are assessed in the hospital.

Can you eat or drink anything before surgery? *Certainly not!*

- Your body has a mechanism which automatically prevents food and liquids from going into your lungs. However, under anaesthesia, this mechanism may not function. Therefore, you must have an empty stomach before receiving an anaesthetic, to reduce the risk of vomiting and aspirating food



into your lungs.

- You will be told as to when you should start fasting. Fasting means no food, pan, tobacco, water and any other liquids. If you take medicines at home, you will be told how and when to take them. You should take only these medicines with a small sip of water.
- It is very important that you follow the instructions exactly. Postponement of your surgery, for your own safety, may occur if you do not follow these instructions.

What does an Anaesthesiologist do?

An anaesthesiologist will give you drugs to anaesthetise you such that you will be asleep and pain free during surgery, supervise your recovery from anaesthesia and make sure that you are comfortable. An anaesthesiologist will carefully monitor all the vital systems in your body, your breathing, pulse and blood pressure. He will also give advice regarding your post-operative pain control.



What are the types of anaesthesia ?

There are four main types of anaesthesia:

1. GENERAL ANAESTHESIA

In this type of anaesthesia, you are fully asleep during surgery. At the start of anaesthesia the anaesthesiologist inserts a small plastic cannula or needle into the vein of your arm. This is called an intravenous (IV) line. The anaesthesiologist injects medicines through your intravenous line, after which you quickly fall "asleep". Usually, once you are asleep, the anaesthetist will pass a tube through your mouth into your windpipe to take care of your respiration. This tube is removed before you wake up. Your throat may be sore because of this tube. In some patients during insertion of the tube, damage to the teeth may occur. It is therefore important, that you inform your anaesthesiologist beforehand of any loose, broken or capped teeth that you may have.



4. Inform your surgeon and anaesthesiologist of any medical problems. These might include previous surgeries, heart disease, asthma, diabetes or drug allergies, any prior hospitalization, etc.



5. You may want to make a list to help you remember what to ask or tell your anaesthesiologist. You may wish to contact your family doctor for more details of your past medical history. Your anaesthesiologist needs this information to give you the best anaesthesia possible.



6. Inform your surgeon if you get fever, cold, flu, sore throat or any other illness 24 to 48 hours before admission.

7. Remove all make-up and nail paint on the morning of surgery.



8. Remove contact lenses if any.



9. Leave valuables and jewellery at home.

10. Inform the nursing staff if you have any artificial teeth, any implant, pacemakers.

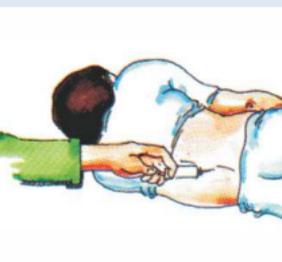
Why is preoperative assessment by an Anesthesiologist necessary?

Many factors influence the effect of the drugs used to provide anesthesia. Age, weight, pregnancy, alcohol, tobacco, prescription medication, street drugs, kidney and liver disease are just a few of these factors.

Many medical conditions like heart disease, diabetes etc, increase the risk of anesthesia. Anesthesia and surgery may affect all the major systems of your body, and your anesthesiologist must know about any medical problems that you may have, so that anesthesia may be provided in the most appropriate way to maximize your safety and comfort.

2. REGIONAL ANAESTHESIA

This involves a small injection in your back through which a local anaesthetic drug is given. This makes an area of the body numb for surgery. It is possible to anaesthetise a large part of the lower body. This form of anaesthesia includes epidural anaesthesia and spinal anaesthesia. It is also possible to anaesthetise only a small area such as the hand or the eye. During surgery, you may remain awake or receive a sedative to make you sleepy. Sometimes, you may feel a sensation such as pressure, but there is no pain. There will be a screen between you



and the surgeon so you will not be able to see the surgery.

3. LOCAL ANAESTHESIA

This involves injection of a small amount of a drug near the area that is to be operated and this is often done by the surgeon. You will feel that something is being done but you will not feel any pain. The effect of this local anaesthesia will last about two hours.



4. MONITORED ANESTHESIA CARE (MAC)

Involves medications given to make you drowsy and to relieve pain. This type of anesthesia may be given to supplement local anesthesia or to make the injection of local anesthesia more tolerable.

Waking up After Surgery

When the operation is over, you will regain consciousness, but may feel drowsy, if you have had general anaesthesia. Trained and experienced nursing staff will continue to monitor your blood pressure, heart rate, breathing etc. until you are fully awake. This monitoring is done under the supervision of your anaesthesiologist.

You may receive oxygen to breathe through a face mask while you are in the recovery room. The nurse will encourage you to take deep breaths and cough to clear your lungs. If you have any nausea or vomiting, you will receive medication to control it.

Your anaesthesiologist will help control your pain after your surgery, by different drugs and techniques.

When you are fully awake and comfortable, the nurse will take you to your room or to a waiting area if you are returning home. You may experience some temporary side effects from general anaesthesia. These may include nausea, sore throat, dizziness, blurred vision drowsiness etc.

Post operative Pain Management

Pain occurs temporarily after surgery or some other type of trauma.

We at our hospital, have an Acute Pain Service. A team of anaesthesiologists and a nurse are responsible in making your postoperative experience comfortable.

The pain management can be done by a range of treatment modalities like oral drugs, intravenous techniques, and transdermal skin patches. We also use peripheral nerve blocks and epidural analgesia when suitable.

The use of a specialized infusion pump, when necessary, allows the patient to be in control of the pain medication.

What are the risks of anaesthesia?

Modern anaesthesia has become very safe. However, potentially serious complications can occur, 1 in about 10,000 patients. With more and more modern equipment and monitors available today, and better trained Anaesthesiologists, the risks of Anaesthesia is rapidly reducing. Your anaesthesiologist will discuss any special risks and answer all your questions.

What you should know?

This brochure will give you information about anaesthesia. Any further questions that you may still have, will be answered by your Anaesthesiologist .

Hinduja Hospital offers state-of-the-art facility for patient like Ambulatory anesthesia.

Short Stay Services

What is Short Stay Surgery and Anaesthesia?

Ambulatory anesthesia is tailored to meet the needs of ambulatory surgery so you can go home soon after your operation. In general, if you are in reasonably good health, you are a candidate for ambulatory anesthesia and surgery. Today the newer, shorter acting anaesthetic drugs and pain relief medications are safe and allow the patients to go home early. However, these medicines may still leave you quite groggy for up to 24 hours. For this reason, you must be accompanied while going home. In addition, you must not drive a vehicle, drink alcohol, or make important decisions for the next 24 hours.

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