



Remove all jewelry, watch, hairclips etc. and handover to your bystander before entering the Operation Theatre.

It is mandatory to remove all make-up, including nail polish and lipstick, for safety reasons.

7. Relative / Family Member: By rule, all patients should be accompanied by a relative or family member who will be responsible for the patient within the hospital premises. The person will also need to sign the consent form for carrying out the treatment.

8. Overweight: Remember, Anaesthesia is risky in people who are obese / have excess body weight. Losing weight by adopting a healthy lifestyle can help you in more ways than one.

POST-OPERATIVE CARE

Immediately after the surgery / procedure, you will then be shifted to post-surgery recovery or ICU, where your Anaesthesiologist will take care of you and continue to monitor your blood pressure, heart rate and oxygen levels.

During the post-operative recovery period, your Anaesthesiologist will

- Take care of your overall wellbeing
- Manage pain
- Constantly monitor vitals
- Check for any abnormal symptoms
- Check for any signs of chest infection, urinary infection and wound infection and prescribe appropriate antibiotics
- Recommend additional consultation / modification of management
- Work with your treating doctor to decide on when to initiate further treatment, including physiotherapy
- The post-operative period may be for days or weeks, depending on the surgery, patient's health status and recovery level.

- Once you are stable and healthy, we decide to shift you to the room to be with your family.
- We would advise you to restrict relative's post-surgery since it would delay wound healing due to infections and prolong ICU and hospital stay.

ANAESTHESIA FOR DAY CARE PROCEDURES

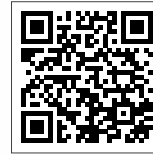
• Day Care surgery is a special category of patients who come in for minor surgical procedures and will be discharged before the end of the day. Anaesthesia for day care surgery usually involves short to deep sedation. Analgesics will be used for pain management in the hospital and after discharge.

• Please follow the instructions below if you are undergoing a day care procedure. Remember, any procedure, be major or minor requires good care and ample amount of rest to heal. Make sure you give your enough rest and exercise extra care while handling wounds.

PRECAUTIONS TO BE TAKEN AFTER DAY CARE SURGERY

- You are not allowed to drive your vehicle on the day of surgery; have a relative drive you back home
- Do not operate any kind of machinery
- Do not cook, use sharp utensils or handle hot liquids
- Do not drink alcohol
- Do not smoke
- Do not take sleeping tablets
- Do not make any important decisions or sign any important contracts until you have recovered full.
- In case of any immediate medical issues after discharge in day care procedures, please contact your primary care physician for any queries.

We, Anaesthesiologists will always be with you during your stay in the operating room and in the Post Anaesthesia Care Unit. Do not hesitate to call us at any time to voice your concerns. Get well soon!



PLEASE SCAN FOR THE LOCATION



Mankhool, Kuwait Road, Al Mankhool - Dubai

📞 04 440 0500 🌐 asterhospitals.com 📱 📧 asterhospital

DEPARTMENTS

Accident & Emergency • Anesthesiology • Cardiology • Clinical Nutrition
Dental Centre • Dermatology • ENT • General Surgery • Insurance
Internal Medicine • Laboratory Services • Neurosurgery • Ophthalmology
Obstetrics & Gynaecology • Orthopedics • Patient Affairs

ANAESTHESIA WHAT YOU SHOULD KNOW AND WHAT TO EXPECT



DIGITAL VERSION

- If you ever require to undergo a surgery or an interventional procedure for a medical condition, you will be administered Anaesthesia: a situation to ensure that you will neither feel the pain nor be aware of the painful surgical procedure.

- Anaesthesia is always administered by a qualified Anaesthesiologist - an expert at making you sleep and pain free during the procedure while making sure that you are in the best possible physiological (health) status and then bringing you back to consciousness smoothly. Like a Dream!!

- Anaesthesia can be given in different ways, depending on your present health status and the surgery / procedure. Your Anaesthesiologist will advise you on the best mode of Anaesthesia after a thorough assessment of your health condition.

UNDERSTANDING ANAESTHESIOLOGIST

- We are trained (medical) professionals who take care of you when you are in surgery. In the operating room, your anaesthesiologist takes on the role of cardiologist, pulmonologist, physician and pain manager. That is why we call ourselves your “perioperative physician”. We are a “JACK OF ALL TRADES”. In the operating room we are your best friends with nothing more than your interest at heart. Once your surgeon decides and fixes a date for surgery, you will have a consultation with us. We will discuss with you the best options of anaesthesia based on the surgical procedure and your health status.

UNDERSTANDING PRE-ANAESTHETIC CHECK-UP

- The Pre-Anaesthetic Check-Up session (PAC) is a meeting wherein the Anaesthesiologist will discuss with you in detail about your present /past medical conditions and he/she will assess and evaluate whether you are fit and healthy enough to undergo the procedure. The surgery / medical procedure will not be

performed until the Anaesthesiologist gives a go-ahead. Therefore, it's very important that you inform him/her about your:

- Complete medical history
- Previous illnesses, surgeries and procedures if any
- Medications you are taking / were taking
- Allergies / drug allergies
- Personal habits, including drinking and smoking
- Family history of illnesses

- This will help your Anaesthesiologist decide the best type of Anaesthesia for you and ascertain the level of medications required, based on your health status. Remember, not disclosing relevant information can pose a huge risk to your life during the surgery / procedure and post-operative care. Also, PAC will help your Anaesthesiologist decide whether you require a consultation with any other specialty before surgery. This is to make sure that you are in the most optimum state of health before you come for surgery.

- You will be seen by the anaesthesiologist before the day of the surgery and he/she will give advice on your dietary regulations during the perioperative period. He/she will also brief you on the plan for anaesthesia and what is to be expected when you arrive in the operating room (OR), so that when you come to the OR every step will be familiar to you.

- Your consent as well as your relative's / family member's consent for administering Anaesthesia during the procedure will be taken.

TYPES OF ANAESTHESIA

- There are different ways of giving anaesthesia which includes General Anaesthesia that makes the patient sedated and paralysed and Local Anaesthesia that numbs only a part of the body.

GENERAL ANAESTHESIA

- General Anaesthesia is a type of anaesthesia where anaesthesiologists will use medications that will make you sleep and relaxed till the end of surgery. You will be woken up by the

Anaesthesiologist once the medications/ gases wear off at the end of surgery.

SPINAL ANAESTHESIA

- Spinal Anaesthesia is a procedure wherein the Anaesthesiologist injects the Anaesthetic medication into the fluid that surrounds the nerves in the lower part of the spine. This will make the area being operated upon numb, so that you don't feel the pain. You will be awake throughout the procedure, but a mild sedation will be given to avoid any discomfort or anxiety.

- Spinal Anaesthesia is used for procedures involving below waist, pelvic region and lower abdomen.

EPIDURAL ANAESTHESIA

- This technique is similar to Spinal Anaesthesia. The Anaesthesiologist will insert a flexible fine catheter into the 'epidural space' near the nerves in your back. This way the anaesthesiologist can continue administering medications so that you have good analgesia during your postoperative period. Optimal analgesics will be provided in the post-operative period to manage pain effectively.

LOCAL ANAESTHESIA

- Local Anaesthesia is a procedure wherein a small, specific area of your body is numbed by injecting the anaesthetic in measured doses. This will inhibit all sensation and pain in that area temporarily, enabling your doctor to perform the procedure without causing you any pain or discomfort. You will be fully awake during the procedure, although certain cases may require mild sedation.

Local Anaesthesia is used for minor surgeries and emergency/ outpa-tient procedures that involve only a few stitches or small wound.

NERVE BLOCK

- Nerve Block is a procedure that involves injecting a local anesthetic as close to the nerve as possible for sustained pain relief. The goal of nerve block is to prevent pain by temporarily blocking the transmission of pain signals from the surgical site, providing pain relief during and after the surgery.

- Nerve Block is a highly effective procedure with advantages like faster recovery, lesser post-operative pain, fewer complications and in certain cases, avoids the need for General Anaesthesia. Patients may be allowed to take food immediately after surgery. The anaesthesiologist may put a nerve block catheter for continuous infusion of local anaesthetic drug so that you may undergo physiotherapy and early ambulation with minimal or no pain.

MONITORED ANAESTHESIA CARE

- Monitored anaesthesia care is procedure wherein a small amount of medication is administered to make you sleepy or relaxed during a procedure. An Anaesthesiologist will be at your side throughout the procedure looking after your interest. Depending on the procedure, the anaesthesiologist decides your level of sedation required (NOTHING LIKE SHORT GA??).

VISUAL ANALOG SCALE (VAS)

- All of us dread pain during and after surgery. Pain is a subjective phenomenon and is difficult to express. Visual Analog Scale (VAS) is a way to express your pain so that your Anaesthesiologist can recognize its severity and take adequate measures. During your PAC your doctor will update you about VAS, if he forgets, please ask him!



No pain



Mild, annoying pain



Nagging, uncomfortable, troublesome pain



Distressing miserable pain



Intense, dreadful, horrible pain



Mild, annWorst possible, unbearable, excruciating pain oying pain

PREVIOUS DAY AND DAY OF SURGERY: IMPORTANT INSTRUCTIONS TO REMEMBER

- It's important to prepare yourself for the procedure mentally, physically and spiritually. A strong, positive mind can hasten recovery and help you get back to your normal life, as quickly as possible.

1. Smoking: Smoking reduces the amount of oxygen in your blood and can lead to breathing problems during or after the procedure. Smoking also affects the blood flow, which means delay in healing and recovery. Ideally you should stop smoking for at least 4-6weeks before any surgery. However, even 24-48 hours of abstinence from smoking has its own benefits. Smoking, as we all know, affects all organs of the body and causes heart diseases, stroke and cancer. We advise you to quit smoking altogether even after the procedure to stay healthy.

2. Medicines: You will need to inform your Anaesthesiologist about the medications you are taking during the PAC session. Remember, not all medications can be taken on the day of your surgery / procedure, so it is extremely important to follow the instructions of your Anaesthesiologist carefully.

3. Fasting Before Procedure or Nil Per Oral: You will be asked not to have food or water for a

particular duration before and after the procedure to prevent dangerous complications like aspiration that is vomiting leading to aspiration pneumonia and post-operative issues. Instructions regarding food regulations will be explained in detail before the surgery.

NIL PER ORAL RULES (NPO)

- Clear liquids - Stop 2 hours prior to procedure

- Breast milk - Stop 4 hours prior to procedure

- Infant formula or nonhuman milk - Stop 6 hours prior to procedure

- Light meal -- Stop 6 hours prior to procedure

- Fried foods, fatty foods, or meat- Additional fasting time (e.g., 8 or more hours)

Clear liquids include water, clear apple juice without fizz and tea / coffee without milk. Young children can also be given glucose water. Remember, Nil per Oral is a very important requirement and should be followed without fail.

4. Loose Teeth /Artificial Dentures / Prosthetics / Contact Lenses: Your Anaesthesiologist will give you instructions regarding removal of artificial dentures and other prosthetics. Please follow the instructions carefully to avoid complications.

5. Personal Hygiene: Make sure you bathe using antiseptic medication a day prior to surgery and also on the day of surgery. Oral hygiene is extremely important as it helps in preventing infection.

6. Clothing / Other Belongings:

You will only be allowed to wear the patient gown during your hospital stay. Make sure the clothes you wear after discharge are loose-fitting and clean, so that the wounds don't get affected or infected.