

ADULT ANESTHESIA INSTRUCTIONS

Instructions may vary depending on the anesthesiologist's experience and the patient's individual situation. The instructions below are based on general preferences and are subject to change. Only YOUR ANESTHESIOLOGIST can be specific for YOUR situation.

Before, during and immediately after your operation you will receive comprehensive anesthetic care to assure your utmost safety and comfort. The anesthesiologists of North Texas Anesthesia Consultants will provide you with quality care on an individualized basis.

Your anesthesia care is designed to minimize your pain and anxiety while maintaining safety. The specific anesthetic technique selected is individualized to your needs and is based on several factors which include your medical history, your physical condition, the nature and extent of your surgery and, whenever possible, your personal preferences.

PREOPERATIVE INSTRUCTIONS

We suggest that if you smoke, you STOP SMOKING as soon as possible. Even twelve hours without smoking makes a difference, but six weeks is optimal. This will help you both during your surgery and recovery period.

NOTHING TO EAT OR DRINK AFTER MIDNIGHT.

This minimizes the danger of vomiting and of aspirating material into your lungs while you are asleep. Take in nothing, not even water, after midnight. If your surgery is scheduled for later in the day your anesthesiologist may alter these instructions.

EXCEPT FOR YOUR DIABETES MEDICINES, TAKE YOUR NORMAL MEDICINES ON THE MORNING OF SURGERY.

You can take your morning medications with sips of water when you first wake-up. Please omit vitamins and over-the-counter medications not prescribed by a physician. Diabetics should omit insulin and oral diabetes medications unless their anesthesiologist instructs them otherwise.

Remember to remove contact lenses and jewelry prior to arrival in the operating room.

DURING YOUR SURGERY

Your anesthesiologist will be with you throughout your entire anesthetic. During your operation your anesthesiologist will monitor your vital signs and administer medications and fluids as necessary. Since every individual is unique and responds differently to surgery, no two anesthetics are exactly alike.

AFTER YOUR SURGERY

In the post-anesthesia care unit (recovery room), your care will be supervised by your anesthesiologist and then turned over to a trained registered nurse once your anesthesiologist is satisfied that your condition is stable. Your recovery from anesthesia will be affected by the nature, extent and duration of your surgery, as well as the type of anesthesia you have had.

If you are having day surgery, a friend or family member must be available to drive you home. You will not be permitted to leave alone or even with a taxi driver. For 24 hours after your surgery and while taking narcotic pain medications avoid driving, power tools, important decisions, or any other activity which might require good reflexes and judgment.