

# What to Expect with your Anesthesia

## General Anesthesia

You will have medicine in an IV or breathing mask with a special gas. You will be in a deep sleep. You will not move, feel any pain or remember the procedure.



## Monitored Anesthesia Care

You will feel drowsy and may fall asleep during the procedure. A light touch or sounds may easily wake you up. You may remember some of the procedure. This is normal.



## Regional Anesthesia / Nerve Block

You will have medicine injected under your skin. This numbs a small part of your body for the procedure. You will be awake, but comfortable.



If you have been told that you're going home the same day as your procedure, you must have a responsible adult above 18 years of age to take you home. You will not be allowed to drive home or take a cab/taxi/uber/medicar by yourself. We will verify your ride home pre-procedure. **If you do not have a responsible adult to accompany you after your procedure, your procedure will be cancelled.**

## After Procedure

- With anesthesia, you may or may not have memories of your procedure.
- Specially trained nurses will monitor you as the effects of anesthesia wear off.
- Some pain is normal and you will be given medications as needed to control the pain.
- It is common to feel drowsy, experience muscle aches or shivering or become nauseated
- You may experience a sore throat for a couple of days if you had general anesthesia.

## After Discharge

- Anesthesia medications may remain in your system for up to 24 hours.
- DO NOT drive, operate a vehicle, drink alcohol, make any important decisions, or sign legal documents for 24 hours.
- Don't smoke or vape.
- Drink plenty of fluids and eat food as tolerated, unless directed otherwise by your health care provider.
- Take pain medications as prescribed, and rest at home in the care of a friend or relative.

## Before Procedure

- Follow your health care team's instructions regarding eating and drinking and which medications you should or should not take before your procedure.
- On the day of your procedure, your anesthesia team will speak with you regarding the benefits, risks and side effects of anesthesia for your procedure.
- Your anesthesia team will evaluate your medical history and any current medications.
- Your anesthesia team will insert an IV. This may take more than one attempt.

## During Procedure

- Your anesthesia team will monitor you throughout your procedure.
- Hearing sounds during your procedure is normal, especially with regional anesthesia or sedation.