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ANAESTHESIA



ANAESTHESIA:

Anesthesia stops you from feeling pain and other sensations. It can be given in various ways and does not always make you unconscious.

TYPES OF ANAESTHESIA:

1. Local Anaesthesia- Involves injections which numb a small part of your body. You stay conscious but free from pain.
2. Regional Anaesthesia- Involves injections which numb a larger or deeper part of the body. You stay conscious but free from pain.
3. General Anaesthesia- Gives you a state of controlled unconscious. It is essential for some surgeries. You are unconscious and feel nothing.

ANAESTHESIOLOGISTS: Will discuss the types of anaesthesia, its risks and benefits.

PRE- ANAESTHESIA CLINIC:

The Pre Anaesthesia Check is an important aspect of your care. Here you will be asked questions relating to your previous health, any medical illnesses you may be under treatment, previous surgical anaesthetic experiences. It is important also to tell the doctor about any medication you may be taking and history of allergies.

1. Some of the below mentioned may be needed to prepare for anaesthesia/ surgery.
2. Giving up smoking reduces the risk of breathing problems and makes the anaesthetic safer.
3. Reducing weight if you are overweight.
4. Fixing up loose teeth or crowns may reduce the risk of damage to your teeth if the anaesthetist needs to put a tube in your throat to help you breathe.
5. Optimizing any long standing medical problems such as diabetes, asthma/ bronchitis, thyroid, heart problems, high blood pressure, etc.

ON THE DAY OF SURGERY:

- Nothing to eat or drink- the hospital will give you clear written instructions about fasting and its important to follow these. If there is food or liquid in your stomach during anaesthesia it can come up to the back of your throat and damage your lungs.
- If you are a smoker you should not smoke on the day of your surgery, this will avoid breathing problems.
- If you are taking medicines you should continue to take them as usual unless your anaesthetist or doctor has asked you not to.
- If you feel unwell when you are due to come into hospital please contact your surgeon for advice.

LOCAL/ REGIONAL ANAESTHETICS:

- Your anaesthetist will ask you to keep still while the injections are given.
- You may notice a warm tingling feeling as the anaesthetic to take effect.
- Your operation will only go ahead when you and your anaesthetist are sure that the area is numb.
- If you are not having sedation you will remain alert and aware of your surroundings. A screen shields the operating site, so you will not see the operation unless you want to.
- Your anaesthetist is always near to you and you can speak to him or her whenever you want to.

GENERAL ANAESTHETICS:

There are two ways of starting a general anaesthetic:

- Anaesthetic drugs may be injected into a vein through a cannula (generally for adults)
- You can breathe anaesthetic gases and oxygen through a mask, which you may hold if you prefer.

Once you are unconscious, an anaesthetist stays with you at all times and continues to give you drugs to keep anesthetized.

As soon as operation is finished, the drugs will be stopped or reversed so that you regain consciousness.

POST ANAESTHESIA CARE ROOM:

After the surgery is over, you will be taken to the recovery room after instructions for the same from the anaesthetist. Here recovery staff will be with you at all times under the supervision of an anaesthetist.

Once you have safely recovered from the anaesthetic, the concerned anaesthetist will transfer you to the ward.

RISK'S OF ANAESTHESIA:

In modern anaesthesia, serious problems are uncommon. Risks cannot be removed completely but modern equipment, training and drugs have made it a much safe procedure in recent years.

To understand a risk, you must know

- How likely it is to happen (common in 100, uncommon in 1000, very rare in 100,000)
- How serious it would be.
- How it can be treated.

The risk to you as an individual will depend on

- Whether you have any other illness.
- Personal factor, such as smoking or being overweight.
- Surgery which is complicated, long or done in an emergency.