

Your Anesthesia Experience

Anytime you undergo anesthesia, your general health condition must be considered. Depending on your age and the results of your history and physical, you may need preoperative testing such as blood work, chest x-ray, or EKG. This is done to ensure that your current health does not put you at any additional unnecessary risk while under anesthesia.

You will be required to abstain from food and fluids. You should keep your stomach empty after midnight the evening before your surgery. If you have to take any medication, you may with just a sip of water. This is done for your protection to empty your stomach to prevent aspiration of food or fluid from the stomach into the lungs during anesthesia.

Either prior to or on the day of surgery, your anesthesiologist will have questions for you regarding your health, height, weight and past anesthesia experiences. Complete and honest answers are required to assist your anesthesiologist in planning and administering the safest level of anesthetic possible.

As you wake up from your anesthesia, your vitals will still be monitored closely for usually another hour. Often you will be given additional medications for discomfort and/or nausea. Once you are awake and aware, you may be released to a responsible adult to go home with, or you will be transferred to your room for the night.

Please follow the post-operative instructions closely regarding supervision requirements and activity restrictions. Drinking lots of fluids will help rid your body of the medications used for anesthesia more quickly.