

# Need Surgery? A Patient Guide to Anesthesia

If you're facing surgery, it's important to understand what anesthesia is and how it will affect you. Anesthesia is a medication that is used to put you to sleep during surgery so that you don't feel any pain. There are different types of anesthesia, and your doctor will choose the one that is right for you based on the type of surgery you're having and your overall health.

There are three main types of anesthesia:

- General anesthesia puts you completely to sleep so that you are unaware of the surgery.
- Regional anesthesia numbs a specific area of your body so that you don't feel pain in that area.
- Local anesthesia numbs a small area of your skin so that you don't feel pain in that area.

Your doctor will discuss the different types of anesthesia with you and help you choose the one that is right for you.



## Need Surgery? Now What? A Patient's Guide to Anesthesia

by Lynn Cahoon

★★★★☆ 4.1 out of 5

Language : English  
File size : 3214 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Print length : 84 pages  
Lending : Enabled  
Paperback : 494 pages

Item Weight : 1.48 pounds  
Dimensions : 6 x 1.24 x 9 inches



All types of anesthesia have some risks and benefits.

### **Risks of anesthesia**

- Allergic reactions
- Breathing problems
- Heart problems
- Nausea and vomiting
- Confusion
- Memory loss

### **Benefits of anesthesia**

- Pain relief
- Allows the surgeon to perform the surgery without causing you pain
- Can help you to relax and feel comfortable during surgery

Before your surgery, you will meet with your anesthesiologist. The anesthesiologist is a doctor who specializes in giving anesthesia. The anesthesiologist will ask you about your medical history and any medications you are taking. They will also perform a physical examination

and order some tests to make sure that you are healthy enough to have surgery.

On the day of your surgery, you will need to arrive at the hospital several hours early. You will be given a gown to wear and will be asked to remove any jewelry or other objects that could interfere with the surgery. You will also be given a sedative to help you relax. The anesthesiologist will then start the anesthesia.

During surgery, you will be closely monitored by the anesthesiologist. The anesthesiologist will make sure that you are comfortable and that you are not experiencing any pain. If you do experience any pain, the anesthesiologist will give you more anesthesia.

After surgery, you will be taken to the recovery room. You will be given pain medication and will be monitored for any complications. Once you are stable, you will be discharged from the hospital.

Anesthesia is a safe and effective way to put you to sleep during surgery so that you don't feel any pain. There are different types of anesthesia, and your doctor will choose the one that is right for you based on the type of surgery you're having and your overall health. If you have any questions about anesthesia, be sure to talk to your doctor or anesthesiologist.



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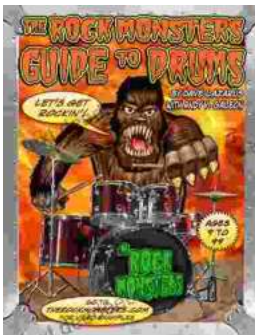
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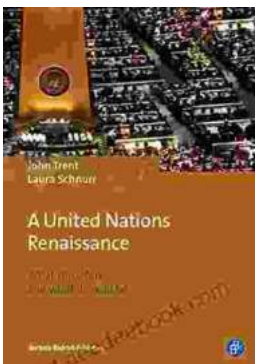
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