ANESTHESIA DEPARTMENT

INSTRUCTIONS FOR YOUR SAFETY

Anesthesia Pre-op Evaluation
One week prior to the day of surgery your chart will be reviewed in detail by an anesthesia provider. If additional information is required, you will receive a telephone call. Please be assured that the Anesthesia department will be prepared for you on the day of your surgery and will review your anesthetic option with you then. If you are active on kp.org you may receive a message from your anesthesia provider a few days before your surgery.

Types of Anesthesia
Local Anesthesia / Monitored Care
Local anesthesia is injected directly into the surgical site and numbs only that area. In addition, medications are often given intravenously to make you comfortable and drowsy.

Regional Anesthesia
Regional anesthesia blocks a major system of nerves so that feeling is lost in a major part, but not all, of the body. In addition, medications are often given intravenously to make you comfortable and drowsy.

General Anesthesia
General anesthesia affects the brain and entire body. With this type of anesthesia, you are completely unaware during your procedure. The medications are given both intravenously and inhaled with oxygen.

Before Anesthesia
Please follow these instructions carefully so that your procedure is not cancelled or delayed.

Eating and Drinking
After 11:00pm no food, alcohol, or tobacco. Clear liquids are okay until 3 hours before your arrival (unless instructed otherwise).

The last 3 hours prior to arrival for surgery, nothing at all by mouth (including gum and mints) except:
- Medications with sips of water.
- Brushing your teeth is okay (do not swallow the water or toothpaste).

Medication Instructions:

Non-steroidal anti-inflammatory drugs like Motrin (Ibuprofen), Naproxen, Nabumetone, Meloxicam should be stopped 10 days before surgery.

Tylenol or Vicodin are okay to continue because they do not interfere with bleeding.

Aspirin: If you have a coronary stent do not stop taking your aspirin prior to surgery. If you are taking Plavix or Ticlid please discuss instructions with the ordering provider.
If you do not take Aspirin for reasons of a coronary stent, stroke prevention, or other known vascular disease, discontinue your use of Aspirin 10 days prior to your surgery.

Clothing/Accessories
Wear casual clothing that is easy to remove and replace. Remove makeup, artificial eyelashes, contact lenses, all jewelry, hairpieces, hairpins, and barrettes. Please bring your Kaiser Permanente card.
Other Outpatient Surgery (Including surgery using local anesthesia):
You must have a responsible adult:
• Drive you home (or ride in a taxi cab with you) and stay with you for the first 24 hours after leaving the hospital.

FREQUENTLY ASKED QUESTIONS
What if I get a cold before surgery?
There is a small but definite risk of significant respiratory complications of anesthesia is given within two weeks if an upper respiratory infection (“cold”). If you develop symptoms within two weeks of your surgery, please inform your surgeon or the Anesthesia Department.

Why can’t I eat or drink?
Protective reflexes may be decreased or lost during anesthesia with sedation. If stomach contents enter the lungs, serious, possibly lethal, complications will result.

What are clear liquids?
Clear liquids have no residue (solid particles and fat) and digest quickly. They include water, tea, black coffee, fat-free clear broth or bouillon, and juices you can see through. Do not add milk, milk products, or non-dairy creamers to your beverages.

Why can’t I wear my jewelry and hairpiece?
They may become pressure point areas while you are under anesthesia and can cause damage to your body. Rings should be removed as fingers may swell during surgery. These items can be lost or damaged. Leave your valuables at home.

Can I wear my dentures?
If you are to receive an anesthetic the dentures will have to be taken out before you go to sleep.

How soon will I be able to leave the hospital?
You may leave as soon as your doctors consider it safe. This varies with different surgeries and anesthetics. The person driving you home can be called when you are ready to leave if they don’t wish to wait at the facility.

You cannot drive yourself home or take a taxi by yourself

Will I feel nauseated after surgery?
Postoperative nausea or vomiting may be related not only to anesthesia, but to the type of surgical procedure and/or pain medications. Because of improved anesthetic agents and techniques today, the majority of patients do not become nauseated. Nevertheless, medications to minimize symptoms will be given in the recovery room if necessary.

After outpatient surgery, is there any chance I will not be able to go home the same day?
Yes. If any circumstances develop which require extended care, you will be admitted to the hospital. The potential complications of surgery and anesthesia will be explained in advance by your doctors. For now, it is important for you and your family to understand that it is possible, though unlikely, that you would need to remain in the hospital overnight or longer.

What can I expect after I go home?
Although most of the anesthesia effects will have worn off by the time you leave the facility, it takes your body about 24 hours to eliminate the drugs used. Until then, they interfere with normal judgment and response times. Do not operate a vehicle or attempt to make responsible decisions for 24 hours. It is quite normal to feel tired and lacking in energy for up to 48 hours even after minor surgery.

FINAL COMMENTS
Please notify your surgeon or the Anesthesia Department if your health changes prior to surgery.

Kaiser Permanente Santa Clara Medical center Preoperative Clinic:
408-851-2399

We look forward to seeing you and plan to provide you with the outstanding care that you need and deserve. Thank you for choosing Kaiser Permanente.