

## Anesthesia Tip Sheet

Type	About	Side effects
General Anesthesia	Makes you unconscious for the surgery. There will be a breathing tube inserted after you are under general anesthesia	Nausea, vomiting, dry mouth, sore throat, itching, shivering, drowsiness
Spinal Block	A very common type of anesthesia used to numb the lower part of the body. The anesthesiologist will put numbing medicine into the spinal fluid but not the spine itself.	Your legs may still be weak or numb right after surgery until numbing medication wears off. <b>Nausea/Vomiting</b>
Epidural	An epidural is like a spinal block since it numbs the lower part of your body. But, the epidural goes into a different space and takes a little longer to put in.	Your legs may still be weak or numb right after surgery until numbing medication wears off. Nausea/Vomiting, low blood pressure, slowed breathing, rash/Itching
Nerve Block	A way to block the signals that travel along nerves. The anesthesiologist can inject local anesthetic near the nerves and this blocks the signals and keeps the pain sensation from reaching the brain.	Numbness, nausea, low blood pressure, fever, slowed breathing, fainting, seizure, heart attack.



### Do's

Leave the healthcare facility accompanied by a responsible adult



### Don'ts

Don't drive a car or use complex machinery for at least 24 hours after anesthesia

Remain home for the rest of the day and arrange for someone to care for you small

Don't make any important decisions or sign any legal documents for the day.

Take liquids first and slowly progress to a light meal

Don't take any medications unless prescribed by the physician.

Call the facility if you have any questions or concerns

Don't drink alcohol for at least 24 hours

#### Nausea and Vomiting:

Nausea and vomiting is common after anesthesia. It can occur immediately after or several hours later. To help relieve symptoms:

- Eat small bland meals after surgery. You may advance to your regular diet as tolerated
- Take all prescribed pain medication with food to prevent nausea
- If nausea occurs, take prescribed nausea medications. If no nausea medication has been prescribed, contact your doctor.

- If you have sleep apnea surgery and certain medicines can increase your risk for breathing problems. Follow instructions from your healthcare provider about wearing your sleep device anytime you are sleeping including daytime naps.

- Also while taking prescription pain medications or medicines that make you drowsy.