



Types of anesthesia:

- 1. GENERAL ANESTHESIA** provides a total loss of consciousness, meaning you will be fully asleep. You will not be aware of any pain or feeling during your procedure. This type of anesthesia uses a combination of IV medicine (given through a tube in your vein) and gases (that you breathe through a mask or breathing tube). After, you may experience mild to moderate nausea and vomiting and/or a sore throat after removal of a breathing tube.
- 2. MAC (MONITORED ANESTHESIA CARE OR CONSCIOUS SEDATION)** uses IV medication to help you relax and decrease pain. You will not be completely asleep, but you may sleep and will be very groggy.
- 3. REGIONAL ANESTHESIA** blocks pain to a specific area of your body. You will not feel pain, but you will also not lose consciousness (you will not be fully asleep) unless other medication is used. Your anesthesia clinician will inject medication near a nerve, and you may also get other medications through an IV to help you relax.
 - **A PERIPHERAL NERVE BLOCK** stops sensation through a nerve or group of nerves and is common for procedures on hands, feet, arms, legs or the face.
 - **EPIDURAL OR SPINAL ANESTHESIA** is given through an injection in the spine to block pain for a large area of the body such as the abdomen, hips or legs.



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What to expect after your procedure:

- You will be taken to the recovery room where your vital signs will be monitored. Do not get out of bed alone as you may not be able to balance or support yourself.
- Your comfort is important to us, so please let the nurses know if you experience pain or nausea so they can help treat it with medications and positioning.
- The nurses will contact your support person when your procedure is complete. Once you are well enough, they will be able to visit you.
- If you stay in the hospital after your procedure, your nursing team will help to incorporate safe movement and gradually reintroduce foods back into your diet.
- When you are able to go home will depend on your procedure, when your pain is under control, and when your vital signs are stable.

Before leaving, you will be given discharge instructions for how to care for yourself post-procedure and what to do if you have any concerns or start to feel unwell.