

# Anesthesia Education Brochure for Patients having Surgical Procedures at National Park Medical Center

## ❖ *“What To Expect”*

- ❖ A brief description of the typical anesthesia provided



## Anesthesia Care Team Service (ACTS)

ACTS goal is to provide excellent patient care while ensuring the safest, highest quality, state of the art anesthesia services. You may have questions about anesthesia but know that your concerns will be addressed in a thoughtful manner. Please take comfort in the fact that your safety is our highest priority.



“Prior to your surgery, you will have the opportunity to discuss your anesthesia plan with our Anesthesia care team.”



## About Anesthesia Providers

### Anesthesia Team Approach

- ❖ **Anesthesia Care Team Service (ACTS)** at NPMC consists of an Anesthesiologist and a Certified Registered Nurse Anesthetist (CRNA) who are highly educated and trained to administer and manage anesthesia given during your surgical procedure.
- ❖ This team is responsible for managing and treating your breathing, heart rate, blood pressure and temperature which can be affected by surgery.
- ❖ A member of your anesthesia care team will be with you throughout your procedure.
- ❖ The anesthesia care team's primary role is to ensure your safety and comfort and make informed medical judgments to protect you.



## About Anesthesia

### Patient Centered Discussion

- ❖ We will discuss your anesthesia plan with you.
- ❖ The type of anesthesia you will receive will depend on the type and duration of surgery, and your medical condition.
- ❖ The decision plays a significant role in your recovery and deserves careful consideration and discussion.



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“Your comfort and safety is our priority”.

“There are two broad categories of anesthesia suited well for surgery”

## Regional and General

“The two of the most common types of regional anesthesia used in surgery are **spinal block** and **peripheral nerve block**.”

### Spinal Block

- ❖ The most used anesthetic for total hip and total knee surgery.
- ❖ A spinal block, is performed by injecting a single dose of anesthetic medication into the fluid surrounding the spinal cord in the lower part of your back.
- ❖ The injection is made into the lower back, below where the spinal cord ends.
- ❖ This block safely produces a rapid numbing effect over the lower half of your body that wears off after several hours.
- ❖ Spinal anesthesia is very safe. Many studies show this type of anesthesia provides the best outcome for Total Hip and Total Knee surgery.
- ❖ You will be sedated during surgery and breathing on your own.
- ❖ If you are on a blood thinner, speak with the provider who prescribes this medication to develop a plan on how to stop taking this medication before surgery, and how to resume taking it after surgery.

If you have had previous back surgeries, discuss this with your anesthesia team. Many are still able to receive spinal anesthesia.

- ❖ If the spinal block does not start to work, you will receive general anesthesia for your surgery.

“Pre-sedation available before procedure to help you relax and provide some comfort.”



### Peripheral Nerve Block (PNB)

- ❖ A Peripheral Nerve Block is often used with spinal blocks for total joint replacement surgical procedures for extra pain relief after surgery.
- ❖ This is a one-time injection of anesthetic directly around the major nerves in your leg.
- ❖ This block numbs only the leg that is injected from the knee up to the hip (a smaller part of your body).
- ❖ This can last from several hours to 2 days after surgery.

“Ultrasound guided placement for regional blocks is a state-of-the-art procedure used to help find the nerve area to be numbed.”



### Advantages of Regional Anesthesia

- ❖ Include: better patient pain control after surgery, easier breathing resulting from better pain control, less blood loss, less nausea, less drowsiness, less slowing of heart rate and breathing and earlier recovery of bowel function.

### Side Effects of Regional Anesthesia

- ❖ **Side effects** from regional anesthesia may include headaches, trouble urinating, allergic reactions, and rarely nerve injury and risk of infection.



## General

### General Anesthesia

- ❖ General anesthesia may be selected based on patient, surgeon, and anesthesia care team agreement.
- ❖ Past spinal surgery, spinal deformities including scoliosis or medical conditions like severe aortic stenosis, may make general anesthesia a safer option.
- ❖ Unlike regional and local anesthesia, general anesthesia safely affects your brain as well as the entire body, so you are completely unaware and do not feel pain during the surgery.
- ❖ The anesthesia care team member administers medication through an intravenous injection or inhalation.
- ❖ After you are asleep, the anesthesia provider will also place an airway device and administer oxygen and anesthetic gas to assist your breathing and maintain a temporary state of unconsciousness during your procedure
- ❖ PNB may also be used with general anesthesia for extra pain relief after surgery.



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## Side Effects of General Anesthesia

- ❖ May include; headaches, nausea and vomiting, muscle aches, feeling tired or drowsy.
- ❖ The airway tube placed for general anesthesia may give you a sore throat or a hoarse voice for a few days.
- ❖ Anesthesia risks may increase if you already have heart disease, chronic lung conditions, or other serious medical problems.
- ❖ There is a small risk of a serious medical complication, such as heart attack or stroke.

## Pain Relief After Surgery

### Pain Relief

- ❖ The goals of postoperative pain management is to minimize discomfort and allow you to move with less pain so you can begin physical therapy after surgery. Pain relief after surgery may be achieved using a combination of oral medications and pain blocks.
- ❖ While recovering after surgery you may frequently be asked to rate your pain on a scale of 0 to 10 "0" being "no pain" and 10 being "the worst pain you can imagine."
- ❖ OUR Goal is to have YOU "UP AND MOVING" and discharged from the Hospital the afternoon of YOUR surgery.

## ACTS: Anesthesia Care Team Service

- ❖ For general anesthesia questions please contact 501-620-2333
- ❖ For questions regarding Bone and Joint call the Melody Oliver, Director of Bone and Joint Program, at 1 (501) 620-2773.



## Comfort Leads to Better Recover



### Comfort Management

- ❖ You may experience some pain after surgery
- ❖ A general anesthetic is more likely to result in more pain after surgery versus a spinal anesthetic. The spinal anesthetic allows you a couple hours of pain relief with a gradual transition to pain relief pills while the spinal anesthetic is wearing off.
- ❖ You will be closely monitored after surgery for your safety.
- ❖ Pain management before, during and after your surgery is an extremely important part of your care. It is very different for each patient, but proper use of pain medication can encourage healing and make your joint replacement procedure a more satisfying experience. Take the necessary time to openly discuss the options with your doctor and Anesthesia Care Team and be sure to ask questions about things you do not understand.



# Preparing for Surgery and Your Anesthesia Plan

## Key Points to remember for NPMC patients:

It is important to have an open discussion with your Surgeon and Anesthesia Care Team Service

## What you can do:

Ask questions or address concerns or fears you may have regarding your anesthesia plan of care.

