

Who is my anaesthetist?

An anaesthetist is an experienced specialist doctor. They administer your anaesthetic, make sure you are safe during your surgery and comfortable afterwards. Your anaesthetist will talk to you before the surgery and let you know everything that will happen that day.

The anaesthetist looking after you is going to ask you some questions about your history so they can give you the best care. Anything that you tell the anaesthetist, the surgeon or the nurses will remain completely confidential.

They will ask you about:

- Any history of drug allergies or problems with anaesthetics that you or your whānau/family may have had.
- Any illnesses or medical conditions in your whānau/family.
- Any illnesses that you have or medications that you are on. If you regularly take medication or use an inhaler, please bring them with you and show the anaesthetist if required/requested.

They will stay with you throughout your operation, maintaining your medication and keeping an eye on you.



What do I do before my anaesthetic?

There are instructions about when you can and can't eat and drink written inside the cover of this pack. Please make sure that you follow them. It is vitally important that you have an empty stomach before your surgery.

What will happen?

Once your anaesthetist has spoken to you and you feel comfortable you will wait to be taken into the theatre on the surgical unit. Your anaesthetist and the theatre team will help you to lie down on the operating table while they connect you to the anaesthetic machine. You may also be asked to breathe through an oxygen mask while the anaesthetist gives you your anaesthetic.

There may seem to be a lot of people in theatre but everyone has a job to do and it is all about looking after you.

Types of anaesthetic:

On the mobile surgical unit we use a number of different types of anaesthetic. The type of anaesthetic you receive depends on your surgery.

1. **General anaesthesia (GA)** – this anaesthetic will put you to sleep for the whole operation.
2. **Regional anaesthesia** – the anaesthetist makes a region of your body numb so you won't feel anything during your surgery, even though you will be awake.
3. **Local anaesthesia (LA)** – the anaesthetist will numb a small area where you will receive surgery.
4. **Monitored sedation** – your anaesthetist or surgeon uses a special range of drugs to keep you comfortable and sleepy but still able to respond to questions if needed.

Waking up

You will wake up in our recovery area where one of our nurses will look after you and monitor you.

When you feel well enough and are more comfortable you will be taken into the health facility where we will give you sips of water and a cup of tea or coffee.

You will stay in the day ward until you feel well enough to be discharged.