



Midwest Anesthesia Associates

## Anesthesia and Outpatient Surgery

These days, a majority of surgical procedures don't require an overnight stay at a hospital. In fact, nearly two-thirds of procedures are performed on an outpatient basis at hospitals, ambulatory surgical centers, or even office-based practices. Nonetheless, anesthesia still plays an important role in these procedures, and the same standard of anesthesia care applies to all settings.

The type of anesthesia you receive depends on a variety of factors, including the type of procedure, your personal health factors, and in some cases, your preference.

### *Local anesthesia*

Local anesthesia usually consists of a one-time injection of medicine that numbs a small, distinct area for a procedure.

### *Regional anesthesia*

With regional anesthesia, pain medication numbs a larger part of the body. It is often administered through an injection or a small tube called a catheter. You will be awake, but unable to feel the area that is numbed.

### *Monitored anesthesia care or intravenous (IV) sedation*

With this type of anesthesia, medication administered through an IV placed in a vein will relax you. Depending on the procedure, the level of sedation may vary. For example, minimal sedation will leave you drowsy but able to talk, while you likely may not even remember the procedure with deep sedation. In some cases, IV sedation may be combined with local or regional anesthesia.

### *General anesthesia*

General anesthesia is typically administered through an anesthesia mask or an IV and makes you lose consciousness or "fall asleep" for the entire procedure.

## Preparing for your outpatient procedure

- Be sure to follow your pre-operative instructions for eating and drinking. In most cases, you may be asked not to eat or drink anything for several hours prior to your procedure. Although rare, food or liquid in your stomach could be aspirated into your lungs while you're under anesthesia.
- After your surgery, you probably won't be able to drive as the effects of the anesthesia wear off. Be sure to bring a friend or relative to take you home.
- Wear comfortable, loose-fitting clothing that will accommodate any bandages or incisions.
- Make sure someone stays with you for the first 24 hours after surgery.
- Be prepared for side effects; talk to your provider about what to expect.