



The
Hampton Park
Women's Health
Care Centre

2 – 4 Warana Drive Hampton Park 3976
p. 03 97992817
www.hpwh.com.au

THE ANAESTHETIC

The anaesthetic is administered through a small plastic needle intravenously. The level of anaesthetic you desire or require can be discussed prior to the operation as some patients prefer to be completely asleep (general anaesthesia) and other patients prefer to be semi-awake, relaxed and pain free (sedation.) Unlike days of the past, the operation is rarely performed without anaesthesia (local only) due to the likelihood of discomfort. Most people opt for an anaesthetic somewhere between the two, where they are asleep, pain free but easily woken after the surgery, so recovery is speedy. This is generally called “intravenous sedation”

If you are scared of needles then it is important that you relay this to the nurse during your initial consultation so that we can organize some ‘numbing cream.’ This cream will take away any pain from the needle but takes at least 45 minutes to work so please advise us if you feel this is necessary in the initial consultation.

In order to receive the anaesthetic **you must be fasted**, this means that you must have **not had any thing to eat or drink** for **6 hours** before the operation or 5 hours before your appointment. This includes no lollies, chewing gum, soup, milk, cordial, lemonade. If you forget and are not fasted we will need to postpone your appointment or even reschedule for another day. The reason for this is because if you have contents in your stomach you might vomit while you are under anaesthetic and this might end up in your lungs, causing a serious pneumonia.

The medications remain in your body for up to 24 hours after your procedure so you **must NOT DRIVE home after your procedure**. In fact you should not drive for **24 hours after the anaesthetic**. It is common for women to experience ‘**amnesia**’ (loss of memory) as the medications are wearing off and for this reason we ask you to always **be escorted and driven home** to make sure you get there safely! We will need to rebook your appointment if you drive yourself to our clinic as you cannot drive home. Once home you should have a light meal and then rest in bed for a few hours. You **will not** be able to care for children on your own after going home. In fact you should have an adult to watch over you for the afternoon.

If you normally breast feed then it is a good idea to express a few bottles so you can just go home and sleep. Try to avoid breast -feeding for 4 hours after your surgery and when you next breast-feed, express 2 tablespoons of milk off each breast before you feed from that breast. Most of the medications from the anaesthetic will be in this first breast milk so it is better to discard this portion.

If you normally take a medication in the morning then check with us first, however this can be taken with a tiny sip of water (not including aspirin, anti-inflammatory medication, warfarin.) If you normally take blood pressure medication then please take this as usual as we do not want your blood pressure high on the day of the surgery. If you are diabetic and require insulin then please let us know, as we will need to make your appointment for early in the day. Do not have any insulin on the morning of your appointment as you can not eat. Check your blood sugar prior to attending and bring your glucometer with you. Please call us to discuss this prior to your appointment.

Please let us know if you or one of your relatives has experienced any severe anaesthetic problems in the past.