



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 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 will take away any pain away 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 anything to eat or drink for 6 hours** before the operation or **5 hours before your appointment**. This includes 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 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 home 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 your children on your own after going home. In fact you should have an adult to watch over you in the afternoon.

be seen both by the operating doctor and by the Anaesthetist. After the operation you will wake in recovery. You will be looked after by a nurse and will rest for a minimum of 1 hour before going home. The nurse will discuss with you all you need to know before leaving and will give you written information called "The Aftercare Information Sheet."

To make an appointment please call between 8.30 am to 8.30 pm on 03 9799 2817
If you wish for us to contact you then leave your details in the "**Contact us**" section and a brief message and we will contact you the following day as per your instructions.