

INFORMATION FOR PATIENTS

Dear Sir/Madam,

You have decided to undergo a surgical procedure at our hospital. Please read the following information very carefully and if you have any questions please ask the anaesthesiologist.

Before the procedure

We are expecting that you will be fasting for 6 hours before the procedure. You can have light meal six hours before the procedure and you can drink(water) up to three hours before the surgery. You can also use your long-term medication up to three hours before the procedure. Please do not smoke or drink alcohol 24 hours before the operation. Also, you shouldn't use any drugs containing salicylates (Aspirin) for a week before the surgery as it can cause extensive bleeding. If you are undergoing a large procedure (longer than 3 hours) we advise you to stop using the contraceptive pill for a month before the surgery, because of the higher risk of thrombosis. Otherwise we will give you some medication for prevention. You can use a sleeping pill the night before the surgery. Please do not use any make up at the day of the surgery. If you have nail varnish, please remove it before the operation. Before the surgery please also remove your contact lenses, false teeth, hearing aid and all metal objects like jewellery. Please bring all the medical records you have as well as the reports from the preoperative investigations, referral letter and your medications. If you are using some drugs regularly please ask us in advance whether you should use any on the day of the surgery. Please inform your anaesthesiologist fully and correctly about your health and all your medical conditions (please fill in the attached questionnaire). If there are any changes since the last investigation please let us know. It is not advisable to drive in, as you won't be able drive home after the surgery. Please arrange for someone to come to the hospital to pick you up and to take you home as well as to look after you after we discharge you home. We will provide you with painkillers to control the pain after the surgery and with postoperative instructions from your surgeon.

Anaesthesia

During the operation the anaesthesiologist is responsible for excluding pain as well as for maintaining life functions. The anaesthesiologist and the surgeon are always working together as a team.

There are a various methods of anaesthesia.

1.General anaesthesia (narcosis) The anaesthetics are administrated via vein and the patient is asleep throughout the procedure. The airways are maintained by various devices, and the life functions are continuously monitored. Soon after waking up you can experience a pain in the wound and over the first 24 hours you can experience other difficulties such as tiredness, sore throat, nausea and vomiting, muscle pain, vertigo, weakness etc.

2. Regional anaesthesia Regional anaesthesia involves blocking sensations to certain bigger part of the body. This type of anaesthesia is mainly used for operations of limbs or for operations of the lower part of the body. The patient is lightly sedated, but he or she is not experiencing any pain. The regional block (not to be able to move or feel your limb) usually remains for a while after the surgery. The side effects such as sickness, nausea etc are minimal, but you can experience different complications such as headache, back ache, difficulty to pass urine for the first time etc. After spinal anaesthesia, when the anaesthetics are administrated into the spinal cord, it is recommended to remain in a laying position for 12 hours after the surgery.

3. Analgosedation This is a combination of a stronger sedation with a local anaesthesia. The patient is lightly asleep, but he or she can hear and react if someone calls their name and all the base reflexes, such as swallowing, breathing and coughing are intact. Because of the local anaesthesia you can't experience any pain and very often you can't remember everything that happened very well.

While choosing anaesthesia it is important to consider, that neither type isn't without a risk. Each type has got positive and negative aspects. The safety of the anaesthesia is very dependent on the anaesthesiologist itself. He will, after considering your health and the type of operation, recommend you anaesthesia that suits you best. He will answer all your questions and he will also request your written consent. It is not possible to completely eliminate serious, life threatening conditions such as strong allergic reaction to anything (anaphylaxis), heart rhythm disorders including hearth attack. Possible is also damaging teeth in such cases when the intubation (securing the airways) is extremely difficult, deep vein thrombosis or embolism etc

All those risks could be eliminated to a minimum with your good cooperation and if you follow all our recommendations.

After the procedure

It is not advisable to drive a car for 24 to 36 hours, to drink any alcohol, to make an important decision and to stay alone.