



Clarification to the patient for ambulatory surgery

Dear Patient

In a little while you will enter our day hospital for an ambulatory surgery by one of our attending surgeons. For this you will need either general or regional or local anesthetics. This information sheet contains anesthesia information for the purpose of helping you get optimally prepared.

In order to help us select and apply the form of anesthesia most suitable for you, we request that you carefully read this information. In addition, please, also return the personal questionnaire to us, duly completed and signed, **not later than five days before the planned intervention.**

The various forms of anesthesia

The general anesthesia

With general anesthesia, consciousness and pain sensation are completely eliminated in the entire body. This temporary, deep sleep-like status is induced by drugs. During the surgery, you will not hear nor perceive anything of your environment.

Risks: Troubles of throat and swallowing, hoarseness, teeth damage, intrusion of stomach contents into the respiratory system, state of awareness during the anesthesia, allergies.

The sedation

The awareness and pain sensations are damped down. Yet, defence reflexes remain. You will be under a superficial, sleep-like condition, during which your memories of the occurrence will be clouded.

Risks: Breathing difficulties, intrusion of stomach contents into the respiratory system, allergies.

The regional or partial anesthesia

The part of the body concerned will be desensitized. All the spinal (close to the spinal cord) as well as the nerve block anesthesia on an arm (plexus anesthesia) or a leg (femoralis block, ischiadicus block et.al.) and the intravenous regional anesthesia (IVRA) belong to this form. You will not feel any pain, but if you wish it, you may still ask for a tranquilizer.

In the majority of cases the injection site is painless, because the nerve tract is anesthetized beforehand by an injection of local anesthetics. Should a partial anesthesia unexpectedly found lacking, a complement with analgesics or a general anesthesia is possible.

Risks: Blood pressure drop, headache, urinary retention, nerve injuries, allergy, infection, haemorrhage.

Local anesthesia with or without anesthesia chaperonage (stand by)

With local anesthesia, local nerves in the area of the surgery are desensitized. Under these anesthetics you will be wide awake. For safety reasons, the local anesthesia can be supplemented by an anesthesia back-up. You will have an intravenous drip consisting of tranquilizers and complementary pain relievers. Also here additional sedation or general anesthesia is possible, if needed.

Risks: Nerve injuries, allergy, infection, haemorrhage.



In a conversation with you we will together determine the best form of anesthesia and the course of action. We will discuss with you each of the advantages and disadvantages, alternative methods and possible problems and complications.

Please, keep in mind that no intervention is free of risk. However, serious and dangerous incidents due to anesthesia, even in combination with pre-existing conditions, are extremely rare. Nowadays, the safety of anesthesia is very high. All vital bodily functions are continuously monitored.

Conduct before and after the surgery

In order to minimize the risks for surgery under anesthesia, your general state of health must be sound. In particular, you must not have had any respiratory disease, such as cough, sputum et al. **for the last three weeks prior to the planned intervention**. Children ought to pay special attention to this concern.

Keep us informed immediately about any change of your health condition during the waiting period! (e.g. common colds, new medications you might be taking, worsening of your general state of health)

The following instructions are unconditionally to be adhered to

Last food intake

In order to avoid intrusion of stomach liquid into the respiratory system, on the day of surgery you may consume solid food and beverages containing milk, up to **6 hours prior to the surgery**. Tea, syrup, water and other clear liquids are allowed **until 2 hours prior to the surgery**. After that, **no eating or drinking whatsoever is allowed anymore**. This rule applies to any of the anesthesia methods and **must strictly be respected**.

Your own medicine

The taking of your own medicine, in particular the one against elevated blood pressure should remain as usual. On the surgery day, you take your morning dose together with a little water. Your attending doctor will clarify possible exceptions with you.

Jewellery

If possible, take off your jewellery and leave it at your home. Any piercings set near the surgery area should be removed due to danger of burns.

Nail varnish

Should the needed surgery be made on your hands or your feet, all nail varnish must be removed.

Discharge from hospital

After the surgery, you will remain under close supervision and control for a short while. For the discharge from hospital, you **must** be accompanied by an adult. After the anesthesia you will not be fit to move about in traffic on your own nor to enter into binding agreements. You will also not be allowed to spend the first night **unaccompanied**.



Problems after the surgery

After the anesthesia, troubles may occur, which normally will not last for long e.g. hoarseness, swallowing problems, nausea, vomiting, chills, shivering from cold, difficulties to urinate.

You will be informed about therapy methods against pain after the surgery. You will receive corresponding instructions in writing.

If, after the intervention, you have questions concerning the possible troubles, you may contact one of our anesthesiologists.

Should you have any questions regarding the planned anesthesia, do not hesitate to contact us in good time.

We are permanently available via phone number +41 41 510 80 45 or by e-mail info@euro-polyclinic.ch.



Consent to anesthesia

I have read and understood all ordinances of conduct mentioned above and I will adhere to them. Furthermore, I have been informed about the different forms of anesthesia and their risks. I had the opportunity to ask questions and have no further questions.

I wish to have a:

general anesthesia

sedation

regional or partial anesthesia

local anesthesia with or without anesthesia chaperonage (stand by)

I herewith give my consent for the form of anesthesia agreed upon, as well as for possible changes, if needed (alternative method).

First name:

Surname:

Place / City:

Date:

Signature:

Please, bring along this page on the surgery day, duly completed and signed.