

Anesthesia Education



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Your anesthesia provider is your advocate! Please ask questions and discuss your concerns. If you are well informed and know what to expect, you will be better prepared.

You must tell your anesthesia provider about every medicine (including herbals, dietary supplements and nonprescription medicines) you are taking.

There are 3 types of anesthesia:

- **General Anesthesia** – involves putting your entire body “to sleep” for surgery.
- **Monitored Anesthesia Care (MAC)** – a sedation technique often used for short or minor procedures.
- **Regional Anesthesia** – involves numbing the nerves to a specific area of your body. This includes spinal or epidural block and peripheral nerve block.

Is Anesthesia Safe?

In general, anesthesia is very safe. Your risk during anesthesia can depend on your medical or family history. Your anesthesia team will discuss these risks and benefits with you and your surgeon and come up with a specific plan for you that is the safest and most effective.

What to expect going home:

- You will need a driver over 18 to take you home.
- You should have someone stay with you for 24 hours, you should not operate heavy machinery or make important decisions for 24 hours as well.

Common questions:

Will I wake up during the procedure?

- With MAC it is possible for people to remember parts of the procedure.
- With General anesthesia, it is extremely rare for one to wake up or remember any part of the procedure or surgery.
- Please discuss concerns with your anesthesia team prior to your procedure or surgery.

Will I have nausea?

- Some nausea after anesthesia can be normal, if you have a history of nausea with anesthesia or a history of motion sickness, be sure to communicate with your anesthesia provider.