

**Anesthesia:** Your anesthesiologist or your doctor will review your chart and determine with you the type of anesthesia best for you. Five types of anesthesia are commonly used for outpatient surgery: general, regional, IV sedation, local, and topical.

- **General anesthesia** is usually administered by adding medications to your IV and having you breathe a mixture of anesthetic gases.
- **Regional anesthesia** is administered by injecting medication around the main nerves to the affected area. This will produce numbness lasting from 1 to 4 hours. You may also be sedated during your surgery.
- **IV sedation** is administered by adding sedatives and medication to IV to induce sleep. This will be at the direction of your doctor.
- **Local anesthesia** is administered by injecting medication just under the skin to numb a small area.
- **Topical anesthesia** is administered by applying medication to the mucous membrane for surgeries involving the nose, throat, or bladder.

Your heart rate, blood pressure, oxygen concentration, and breathing will be monitored with special equipment throughout your operation, regardless of the type of anesthesia administered.

**After Your Surgery:** From the PACU (Post-Anesthesia Care Unit), or recovery room, you will be taken to the Phase II recovery area. Due to space limitations, only one visitor at a time is allowed in the Phase II recovery area. Both parents may accompany a child who has had surgery.

You will be discharged from ORegon Surgery Center when you are stable, and it is appropriate to go home. Depending on the procedure or surgery you had, you will be ready to leave anywhere from 30 minutes to 4 hours later.

**Your Care at Home:** When you are discharged, you will be given **written instructions** for your care at home. Be sure to follow your doctor's orders. Take pain medications as prescribed by your doctor. Follow a liquid diet for the first 6 hours following surgery, then advance to your regular diet. Once home you will need plenty of rest. **Arrange to have a responsible adult stay with you through the night.** If you have any **problems related to surgery or your procedure, call your doctor.**

**Your Care at Home following Endoscopy:** Take pain or other medications as prescribed by your doctor. Eat a regular diet, just not large amounts at first.

It will feel good to recover in your own home, but remember not to do too much too soon! For the first 24 hours following your surgery, regardless of how you feel,

- **DO NOT** drive a car or take public transportation by yourself
- **DO NOT** drink alcohol
- **DO NOT** sign legal documents or make important decisions
- **DO NOT** operate potentially dangerous equipment.

If you received local or topical anesthesia, you may return to normal activities without the 24 hour restrictions above. However, do follow the restrictions ordered by your doctor for your particular surgery.

You should receive a follow-up call from the Surgery Center nurse 1 to 2 days after your surgery. The Surgical Services nurse will be happy to answer any questions you may have about your postoperative care. In the mean time, call your doctor with any concerns or questions.