

Dear Patient

You are to undergo *an out-patient operation under narcosis* - or your child is. You have already received general information on narcosis from our operation partners and via anaesthesia information and consent sheets. Here are now a few extra details on the order of events in our practice.

Preparations:

Please read through the information and consent sheets carefully and answer all of the questions. In the days before the operation we can talk, by telephone or during a personal discussion, about the narcosis. In this connection please also see the information on the reverse side. ***Please be sure to call us in good time before the date of surgery in the event of an acute or lasting illness – e.g. of the heart, of the respiratory tract, in cases of high blood pressure, diabetes mellitus or even severe overweight.***

On the day of the operation:

Please be sure to comply with the rules of abstention! For children up to the age of 12: one hour before the start of the operation apply the EMLA® plaster. For diabetics: only take tablets for lowering the blood-sugar level, or insulin, after consultation with the anaesthetist or the surgeon. If this has not previously taken place there is also the possibility to discuss any remaining questions relating to the narcosis on the day of the operation. ***Please be sure to bring along your health-insurance card, since we must also record your data anew in our practice.***

In the operating room the following takes place:

A thin cannula is attached to a vein in the arm. Monitoring devices to check the circulation and breathing are connected. The narcotic medicaments are administered via the cannula. A light burning sensation may be felt in the arm, but this is harmless.

The narcosis:

You will be given a *total intravenous anaesthesia* (TIVA). This means that all of the narcotic agent is administered solely intravenously; anaesthetic gasses are *not* used. The falling asleep is usually found to be pleasant. After falling asleep – unless some other alternative has been agreed on – a so-called *laryngeal mask* is used to ensure that the respiratory tract is kept free. This can give rise to a temporary throat complaint after the operation. The narcosis is maintained throughout the operation by continuous dosage of the narcotic agent. Shortly before the end of the operation the influx is stopped and waking is thereby induced. In cases of very short operations *after the falling asleep* only a breathing mask is placed on the mouth and nose openings. For some operations a so-called "twilight sleep" is sufficient in addition to the local anaesthetic.

Special features in cases of orosurgical or dental operations:

After the start of narcosis an additional local anaesthetic is given in the region undergoing operation. This causes a feeling of numbness in the lips, palate and/or tongue after the operation. Please take account of this when eating and drinking (not too hard, not too hot), since otherwise injuries can occur. The local anaesthesia lasts for a short period only and its wearing off gives rise to a "tingling" sensation. Please take the painkillers given to you by this point in time at the latest, to keep the pain following the operation to a minimum.

After the narcosis:

You will remain in the recovery room until, awake and with a steady blood circulation, you are able to leave the practice ***in accompaniment*** – either by car (e.g. taxi) or by means of public transport. At home please be sure to arrange for the support of another person. Take the medicaments prescribed or given to you, in the prescribed dosage. Start to eat and drink again with small portions. Should problems arise that you feel have to do with the narcosis, please call us: 0049 40 40195932. Thank you very much for your support and co-operation.

The team from the anaesthesia practice wishes you all the best!

PRELIMINARY ANAESTHESIA DISCUSSION

By telephone every Monday between 3 and 6 p.m. under 0049 40 40195932 *or*
in a personal discussion (by appointment only) at
"Gesundheitszentrum Lokstedt", Ärztehaus Forum Vitalis
Hugh-Greene-Weg 2, D-22529 Hamburg-Lokstedt.

How to reach Ärztehaus Forum Vitalis:

bus (lines 22, 281 and 181) or "U-Bahn" (U 2) to "Hagenbecks Tierpark".

Adequate parking spaces are available for cars (free for two hours).

Important: please clarify with your surgeon whether the operation is to take place at Ärztehaus Forum Vitalis or on the surgeon's premises.

