



Asheville Plastic Surgery

The Plastic Surgery Center

Thank you for your interest in The Plastic Center, a state of the art, fully equipped and certified outpatient surgical suite. As Board Certified Plastic Surgeons, our team offers a full range of plastic and reconstructive procedures to meet the goals of our patients.

We take pride in our patient care and offer the ultimate in privacy and personal attention to ensure satisfaction throughout the entire process. As part of our dedication to our patients, we strive to achieve their desired outcomes while focusing on patient safety during the elective procedures.

Anesthesia Providers

Your anesthesia will be administered or supervised by an **Anesthesiologist**. At The Plastic Center, anesthesia is delivered utilizing the Anesthesia Care Team approach in which an Anesthesiologist and Certified Registered Nurse Anesthetists (CRNA) collaborate to ensure safe and appropriate anesthesia care for our patients. The Care Team we have selected consists of experienced, Board Certified Anesthesiologists and highly qualified CRNAs to administer anesthesia.

Asheville
anesthesia
ssociates, P.A.

Anesthesiologists

Anesthesiologists are doctors of medicine who specialize in giving anesthesia to patients during surgery. In addition to having completed college and four years of medical school, anesthesiologists learn the specialty of anesthesia during an additional four years of training following their completion of medical school. Anesthesiologists are available during your procedure to further ensure your safety and comfort during the procedure because they are uniquely qualified to treat not only sudden medical problems related to the surgery itself, but also any chronic conditions needing special attention during the procedure. The extensive medical education and in-depth training has prepared these specialized physicians to handle critical responsibilities in the operating room.

The credentials of our Anesthesiologists are just as important as the Plastic Surgeon's, thus, The Plastic Surgery Center has partnered with Anesthesiologists that are certified by The American Board of Anesthesiology. To become Board Certified, the Anesthesiologist must pass a rigorous written and oral exam. Only after the physician has successfully completed the education requirements (college, medical school, anesthesia residency training program) and passed the thorough written and oral exam is the Anesthesiologist deemed Board Certified.

Certified Registered Nurse Anesthetists (CRNAs)

Certified Registered Nurse Anesthetists (CRNAs) are registered nurses who have received additional special training and a degree in anesthesia as well as intensive care nursing. CRNAs have successfully passed a rigorous national exam and are fully certified. Under the personal supervision of the Anesthesiologists, the CRNAs administer anesthetic drugs, monitor your vital signs and regulate the anesthesia equipment used during your surgery.

Types of Anesthesia

General Anesthesia involves the total loss of consciousness, pain sensation and protective airway responses. In general anesthesia, you are unconscious and have no awareness or other sensations. During anesthesia, you are carefully monitored, controlled and treated by your Care Team, who uses sophisticated equipment to track all your major bodily functions. The anesthetic medications are given through an intravenous line or through an anesthesia mask. The length and level of anesthesia is calculated and constantly adjusted with great precision. At the conclusion of surgery, your Anesthesia Care Team will reverse the process and you will regain awareness.

Regional Anesthesia involves an injection of local anesthesia around a cluster of nerves to numb the region of the body requiring the procedure. Regional anesthesia can include spinal blocks, epidural blocks or extremity blocks. You may remain awake, or you may be given a sedative. You do not see or feel the actual surgery take place. Medications may be given to make you comfortable, drowsy and blur your memory.

Monitored Anesthesia involves you receiving medications that relieve pain and make you drowsy through an intravenous line. The Surgeon or Anesthesia Care Team will also inject local anesthesia to the skin. This will provide additional pain control during and after the procedure.

Local Anesthesia involves injecting an anesthetic drug into the tissue to numb just the specific location of your body requiring minor surgery.

The Pre-Operative Visit

Your anesthesia provider is personally responsible for your comfort and well-being, before, during, and after your surgical procedure. Since anesthesia and surgery affect body functions, it is necessary for the Anesthesia Care Team to learn about the patient. For this reason, a member of the Anesthesia Care Team will meet with you prior to your surgery. During this visit your medical record and laboratory data are reviewed with you. Also, you will be informed about the risks and benefits associated with the various anesthesia types.

This is an excellent time for you to ask questions about your anesthetic and about the discussed anesthesia procedures. Please let us know of any concerns you may have. It is important that you feel comfortable about the choices being made. The members of the

Anesthesia Care Team want your surgical experience to be as safe and comfortable as possible.

Goals of the Preoperative Visit

- Identify medical conditions, including those that may modify the choice of anesthetic
- Assess the need for specialized monitoring during or after the operation
- Assess the need for preoperative medication
- Give reassurance
- Decrease anxiety and fear
- Provide patient education and instruction

Role of Anesthesia Provider before Your Operation

- Obtain general medical history
 - medical conditions and diseases
 - medications (including supplements, herbals, OTCs, habits)
 - allergies
- Prior anesthetic experience
- Relevant family anesthetic history
- Focused physical examination
- Order, review and interpret lab tests and diagnostic studies
- Refer for consultations
- Order preoperative medications if needed
- Obtain informed consent for anesthesia
- Determine optimal anesthetic technique

Selecting the most appropriate anesthetic for you depends on a variety of things such as:

- The type of planned operation to be performed
- How long the operation is expected to last
- Special requirements of the surgeon
- Judgment of the Anesthesia Care Team
- Patient's medical condition and medical history, including current medications
- Patient's preferences

Before Your Surgery

! **It is very important that you do not eat any food or drink any liquids (including water) from midnight the night before your surgery unless you have received different instructions from your doctor.** Some medications should or should not be taken prior to surgery. It is important to discuss your medications with your Anesthesia Care Team. Do not interrupt medications unless your Care Team recommends you stop.

Some medications that may affect anesthesia:

- Antibiotics
- Asthma medications
- Tobacco
- Alcohol
- Dietary supplements
- Aspirin
- Herbal medicines & supplements
- Non Steroidal Anti-Inflammatory Drugs
- Anticoagulation & "blood thinners"
- High blood pressure medication
- Antidepressants
- Blood sugar medications

- ! Depending on the type of anesthesia you receive, you will need to make arrangements to have a responsible adult take you home after your surgery. You may not be allowed to leave alone or drive yourself home. Someone should be with you until the anesthetic has completely worn off.
- ! If you develop any acute infection (a cold, bronchitis, fever, the flu, or any other respiratory infection), be sure to notify your Surgeon. He may want to postpone your surgery.

During Your Surgery

During your surgery, the Anesthesiologist leads the Anesthesia Care Team in monitoring your anesthesia and managing your vital signs, including breathing, pulse rate, blood pressure, circulation, kidneys, temperature and strength of your heart in order to avoid sudden changes or complications. The Care Team also maintains the appropriate depth of anesthesia during the entire procedure. The Anesthesiologist is also responsible for fluid and blood replacement, when necessary. He or she will regulate the anesthesia so that you will be comfortable until your anesthetic care is completed. Thus, the Team continuously manages your entire environment and attends to your basic needs on a minute to minute basis.

Frequently, patients may have other medical conditions, such as diabetes, asthma, high blood pressure, arthritis or heart problems. As a benefit of your preoperative visit, your Anesthesiologist will be alert to these conditions and well-prepared to treat them during your surgery and immediately afterward. Your continued medical supervision during surgery is necessary to help you have a quick recovery.

After Your Surgery

The task of our Anesthesia Care Team is to use the safest form of anesthetic compatible with good surgical conditions, and we assure you this is a task we take very seriously. Your safety is a top priority. Directly following your procedure, you will be monitored closely to ensure your vitals remain stable. After surgery, the Anesthesiologist will direct the monitoring and medications needed for a safe recovery. Your Anesthesiologist will be able to give you an estimate on when you will be ready to go home. You will receive instructions on what to do following your specific procedure, as well as what to expect during your recovery.

There can be side effects from anesthesia. You may experience:

- A sore throat for a day or two
- Muscle aches and pains for 12-24 hours
- Nausea and vomiting following surgery
- Redness or sore spots on your face or jaw
- A headache from a spinal anesthetic
- Soreness in your mouth, dental irritation

Most of these are minor discomforts and resolve themselves. However, if any of these side effects continue for more than a few days, please call our office.