

Procedure Information

General Anaesthetic & Sedation



Making you, more you

This information has been provided to enhance your understanding of our procedures or treatments prior to an initial consultation with a specialist consultant plastic surgeon. Many clients find it useful to note down questions they have thought of whilst reading this treatment guide. We recommend that you read this advice and if you are unsure about anything then please do not hesitate to contact us.

General enquiries: 01892 257357 (Mon - Fri, 9am - 5pm).

For out of hours emergencies and at weekends, please call 07753 211771.

Transport and arriving at Bella Vou

If you are having a general anaesthetic or sedation you must not drive yourself to the clinic or use public transport. It is important that you make arrangements for someone to transport you to, and collect you from the clinic.

If you are travelling from abroad:

- General Anaesthetic
 - Short haul (less than 3 hours - you must not fly for 7 days before your procedure and 7 days after your procedure).
 - Long haul (more than 3 hours - you must not fly for 14 days before your procedure and 14 days after your procedure).
- Sedation
 - Short haul - you must not fly for 3 days before your procedure and 3 days after your procedure.
 - Long haul - you must not fly for 7 days before your procedure and 7 days after your procedure.

Smoking

Smoking (cigarettes or e-cigarette with nicotine) - you should avoid or significantly reduce the amount you smoke. Nicotine causes the blood vessels to close up and this effect lasts for 45 - 60 minutes following inhalation. It is one of the most important requirements to lower the risk of postoperative infection and other healing complications. Ideally we would suggest to avoid smoking for a minimum of one month before and after surgery.

Preparing for surgery

Shower or bathe before coming to the clinic and remove nail polish, Shellac nails and false eyelashes and any non essential jewellery. You will also need to remove makeup and contact lenses prior to your surgery and please remember to wear loose, comfortable clothing and footwear.

What should I bring with me?

Any medicines that you are prescribed and taking regularly, including eye drops and inhalers.

Anaesthetic information

On the evening prior to your surgery eat a light supper. No food should be eaten after midnight, this includes chewing gum. Before 6.30am you may only take clear fluids; water, black tea or coffee, squash. No juice, milk or fizzy drinks or sweets.

Taking your medication

Please continue to take your usual medication with a sip of water up to and including the day of surgery unless the surgeon or anaesthetist have advised against it. If you are unsure please call the clinic for advice.

When you arrive

On arrival at the clinic you will be welcomed by the team and have the opportunity to ask questions. A theatre practitioner will record some details in your notes and will ask you about your general health and take some physical observations. Ladies aged between 18 and 55, we are required to carry out a pregnancy test

Your operation

When it is time for your surgery a theatre practitioner will accompany you to the operating theatre. You will be welcomed by the theatre team and prepared for your operation.

How long will your stay be?

On average your stay should be between 3 and 6 hours. You will be discharged home once the clinical team are happy with your condition.

After your operation

After your surgery you will wake up in a recovery area until you are fully awake and alert. You may feel faint or sick. The clinical team will be with you to support you and help you to get dressed. We will offer you some light refreshments.

Pain

You may be prescribed pain relief which we will provide for you.

Going home

We will be happy to contact your relative or carer to arrange for them to collect you when you are well enough to go home. **It is essential that you have an adult to stay with you overnight on the day of your surgery.**

At home, how will I feel?

You may feel tired or even exhausted when you get home. Go to bed or rest as much as possible. Have someone stay with you and have help available for showering or bathing in case you feel light headed or faint.

For the next 24 hours after a general anaesthetic you must not:

- Drive or operate machinery
- Drink alcohol
- Take sleeping tablets

We also advise you not to sign legal documents, contracts or to make important decisions. You may feel drowsy and find it hard to concentrate.

Further questions

Should you have any further questions please do not hesitate to call the clinic where we will be happy to answer your questions.

Please do not hesitate to contact us if you have any questions, queries or concerns. For out of hours emergencies and at weekends please call 07753 211771.

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