



Anaesthesia means “loss of sensation” and is the general term for all types of anaesthesia that make it possible to perform surgical procedures.

Information and Medical History Questionnaire for Anaesthesia

Dear Patient, Dear Parent(s),

You/your child are scheduled to undergo a surgical procedure under anaesthesia.

To enable us to select the most appropriate anaesthetic technique for you, please answer the questions on the reverse side carefully. In addition, any necessary preoperative examinations should be carried out by your family physician/general practitioner (except for healthy patients under 40 years of age with no pre-existing medical conditions).

There are different types of anaesthesia: general anaesthesia, regional anaesthesia and local anaesthesia.

General anaesthesia places the entire body into a sleep-like state. The principle is that pain perception and consciousness are temporarily eliminated through the administration of various medications until the procedure has been completed.

Anaesthesia is usually induced by an injection into a vein. For longer procedures, additional doses may be administered, or anaesthetic gases may be used. During general anaesthesia, breathing must be supported artificially. Depending on the type and duration of the operation, this may be done using a face mask, a laryngeal mask airway, or a breathing tube (endotracheal tube), although you will not be aware of this during the procedure.

Regional Anaesthesia (Partial Anaesthesia):

With this technique, only a specific part of the body (for example, an arm) is rendered insensitive to pain.

Intravenous Regional Anaesthesia (IVRA) is a form of local anaesthesia in which the local anaesthetic is administered through a vein after blood flow has been temporarily restricted with a tourniquet. As a result, pain sensation in the treated body part is eliminated. This technique places only minimal stress on the rest of the body.

After the anaesthesia, you will usually be monitored in the recovery room for approximately two hours. Once you are fully awake and medically fit for discharge, you may go home, provided you are accompanied by a responsible adult.

Safety and Side Effects

The safety of all anaesthetic procedures is very high today, and the risk of life-threatening complications is extremely low, even in patients with severe underlying medical conditions.

All vital bodily functions are continuously monitored and, if necessary, immediately supported (for example, heart function, circulation and breathing).

Permanent or temporary injuries resulting from anaesthesia are very rare nowadays. However, risks always exist and your individual risk profile will be explained to you by the anaesthetist.

Possible side effects of general anaesthesia include temporary restlessness, nausea and vomiting, muscle shivering, or dizziness. In very rare cases, stomach contents may enter the lungs (aspiration). For this reason, anaesthesia is performed only when patients have followed the fasting instructions.

Life-threatening complications such as cardiovascular collapse, allergic reactions to medications, thrombosis, embolism, stroke, or injuries related to positioning during surgery are extremely rare, even in patients with poor general health.

Dental injuries cannot always be avoided, particularly if teeth are already damaged or unstable. The insertion of a breathing tube may occasionally cause temporary hoarseness or difficulty swallowing.

Your Contribution to Your Safety

You must not eat or drink anything for six hours before the operation or anaesthesia. You may drink still water up to two hours before the procedure. Please follow these fasting instructions strictly for your own safety.

On the day of the procedure, please do not smoke, no candy and no chewing gum. Take your regular medications on the day of surgery only after consultation with your treating physician (general practitioner, surgeon, or anaesthetist).

Contact lenses, dental prostheses, and oral piercings must be removed immediately before the operation.

Important Information

If you are discharged, you must have a responsible adult accompany you and stay with you during the first 24 hours after the anaesthesia.

For 24 hours after anaesthesia, do not:

- **drive** or participate independently in road traffic,
- **operate** machinery,
- **make** any important decisions (for example, sign legal documents),
- consume alcohol.