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INFORMATION ABOUT YOUR ANAESTHETIC

During surgery your anaesthetist remains with you at all times to monitor and care you for you until the surgery is completed and you are in recovery. An anaesthetist is a specialist doctor who completed their general medical training and then did further post graduate training in the field of anaesthesia. The average time taken (once a doctor has completed medical school) to become an anaesthetist is 8-10 years.

In preparation for your anaesthetic and operation there are many things you can do to improve your recovery and reduce the risk of complications..

1. Maintaining **good general fitness** is beneficial. Regular daily exercise (when medically possible) e.g. 30 mins of walking is good for your heart, lungs and general health .
2. There are large benefits in **stopping smoking** prior to your surgery. Six weeks is the optimum time however any time is better than none. It is essential not to smoke for at least 24 hours prior to your surgery. By smoking close to your surgery you significantly increase the risks of lung and throat complications, and poor wound healing.
3. It is also important to be moderate in your alcohol consumption.
4. If you have **any** of the following **medical conditions** it is essential you contact your anaesthetist (Dr Griffiths or Dr Morgan) prior to surgery, so that they can discuss your anaesthetic with you and make appropriate arrangements for the day of surgery. It is also great if you can have the contact details of any specialists and or your GP who treats you. If you are relatively fit and healthy then most consultations can be done safely on the day of your operation, unless there is something you would like to discuss earlier.
 - a) Heart disease of any type.
 - b) Lung disease of any type.
 - c) Epilepsy.
 - d) Diabetes.
 - e) Kidney disease of any type.
 - f) If you have any other condition you feel may be relevant.
 - g) If you are nervous about your anaesthetic.
 - h) If your have any life threatening allergies.
 - i) If you are on multiple medications.
 - j) If you or your family have ever had a complication from an anaesthetic.
5. Regular medications prior to surgery: it is important to discuss this with your surgeon or anaesthetist. There may be some medications such as aspirin, anti inflammatories and blood thinning medications that your surgeon may wish stopped. All herbal medication and naturopathic remedies should be ceased two weeks prior to surgery. If you are on medication for diabetes you need to contact your anaesthetist for fasting and medication instructions. Please continue taking all other regular meds in particular any heart or blood pressure meds, puffers or inhalers and meds for reflux or heartburn, even on the day of your operation.

Fasting times will generally be given to you when the hospital contacts you to tell you when to arrive. The exceptions to what the hospital tells you are.

1. Diabetic patients need to contact your anaesthetist to confirm medication and fasting plans.
2. Water (**only water**) may be taken up to 2 hours before you are scheduled to arrive at the hospital.
3. Breast milk (**not formula**) may also be given to babies up to 2 hours prior to your arrival at the hospital.

If there is anything that is not covered in this information sheet that you are concerned about, then please contact Dr Griffiths or Dr Morgan prior to your surgery so they can discuss your concerns with you. The website above also has some more detailed information about anaesthesia. We can be contacted through our office on 93274817 and will call you back at a convenient time.