



Boulder Community Health

## Boulder Valley Anesthesiology

- All board certified physician anesthesiologist group
  - 25 anesthesiologists
- Primarily service Boulder Community Health
  - Foothills Hospital
  - Boulder Musculoskeletal ASC
  - Foothills Surgery Center (at Anderson Medical Center)
- Also cover 4 outside surgery centers



[www.bouldervalleyanesthesiology.com](http://www.bouldervalleyanesthesiology.com)

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## What is “anesthesia”?

- Anesthesia-
- Loss of **sensation** and often loss of **consciousness** without loss of vital functions artificially produced by the administration of one or more agents that block the passage of pain impulses along nerve pathways to the brain.



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## Types of Anesthesia

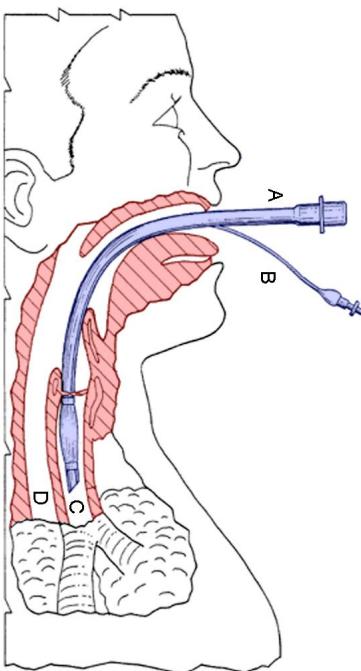
- General Anesthesia
- Sedation
  - “light” vs “moderate” vs “heavy”
- Regional Anesthesia
  - Spinal and epidural
  - Blocks
  - Local

## Why do I have a sore throat?

- General Anesthesia
  - Unusable (out)
  - Necessary for certain procedures/surgeries
  - No memory of events
  - Often requires airway device (breathing tube)
    - Why do I have a sore throat?
- Sedation
  - Varies by type
    - Mild
      - Able to talk
    - Moderate
      - Sleepy but can be aroused if needed
    - Deep
      - Not easy (impossible) to arouse



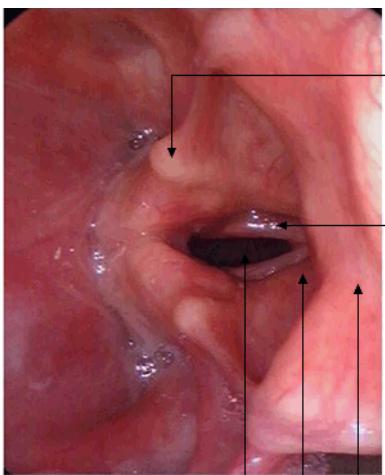
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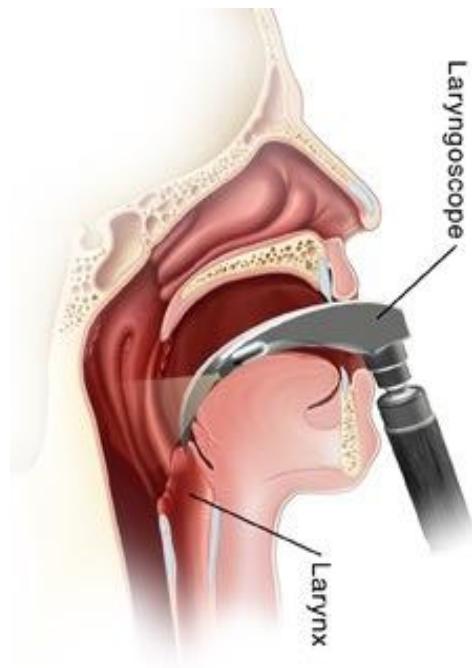
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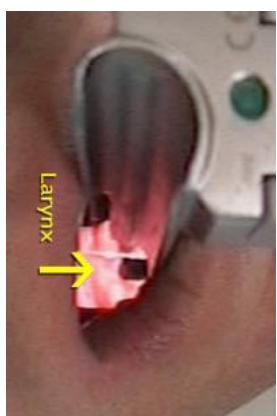
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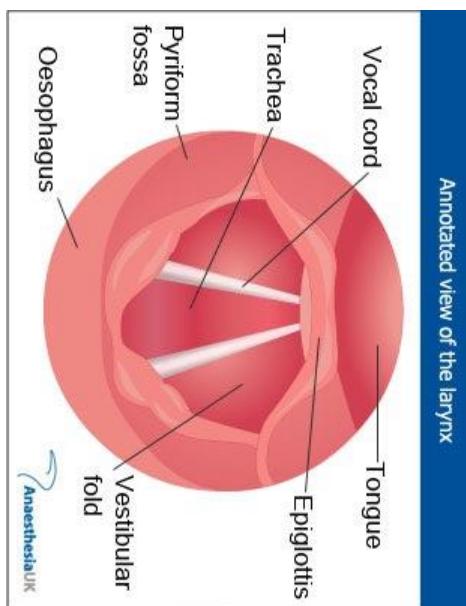
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## Why do I have a sore throat?

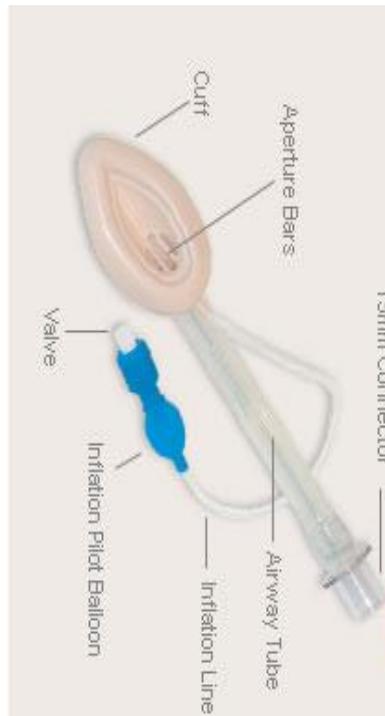


Why do I have a sore throat?



# Why do I have a sore throat?

The Original LMA™ Airway



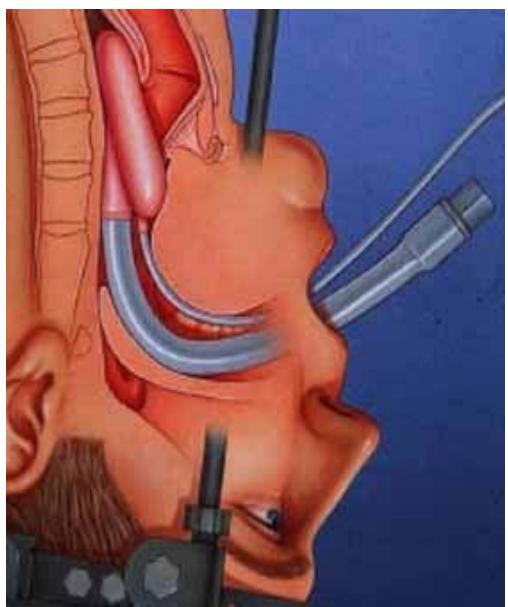
## Spinal and Epidural with or without sedation

### spinal

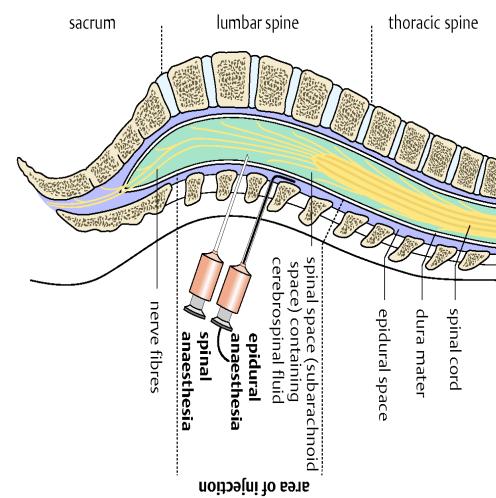
- Single injection of local anesthetic in the spinal fluid
  - Patient very numb
  - Cannot be used for surgery in the upper body
  - Time limited

### Epidural

- Placement of "local" anesthetic just outside the Dura
  - Dura = spinal column wrapping
  - Can place a catheter
  - Work for pain after surgery as well



## Spinal and Epidural



## Epidural

## Spinal



## Blocks vs Local Both can be with/without sedation

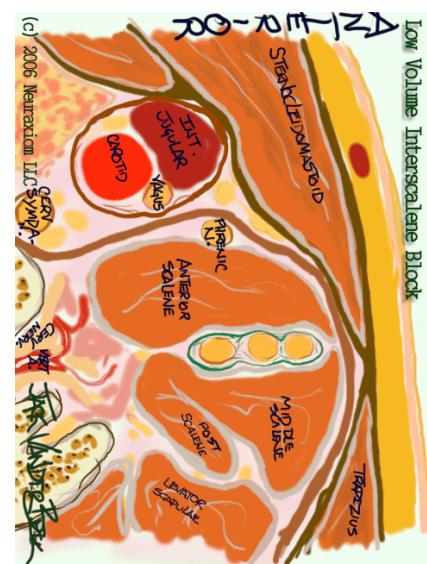
### Blocks

- Place local anesthesia around nerves leading to the areas of the body where you will be having surgery.

### Local

- Place local anesthesia directly into the area of surgery.

## Blocks

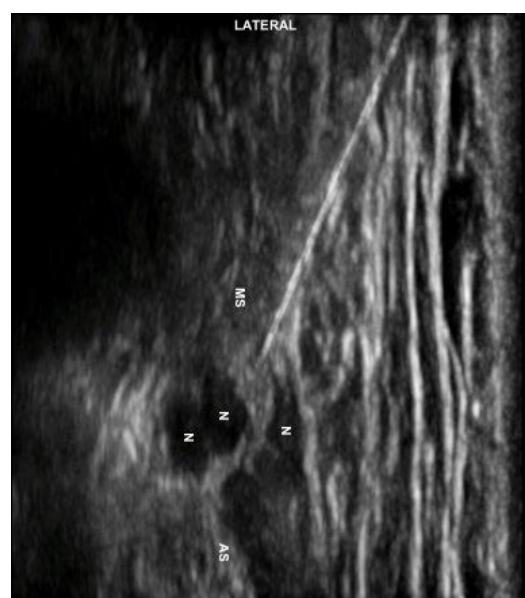


## Blocks-Ultrasound

Single injection interscalene



## Blocks-Nerve Stimulator



## What is the process for surgery and anesthesia

- Surgeon schedules you for surgery
- Pre-Surgery Testing RN will call you before surgery.
  - 1 day to 4 weeks depending - earlier is better
    - When scheduled
    - Where schedule
    - Your health history
    - Complexity of case

## What is the process for surgery and anesthesia

- An anesthesiologist will review any charts with questions from Pre-Surgery Testing prior to the day of surgery to make sure all needed testing is finished and okay.
  - Ideally this is 2 weeks before for bigger surgeries so we have time to get everything done to allow for as safe a surgery as possible.

## What is the process for surgery and anesthesia

- Pre Surgery Testing will
  - Take your health history
  - Arrange for any testing needed which could include:
    - Lab tests
    - EKG
    - Consults
    - etc.

## What is the process for surgery and anesthesia

- You will meet your anesthesiologist the day of surgery
  - At that point you will develop a plan
  - Frequently there is a "standard" way which will be recommended
    - e.g., podiatrists, total joints

## What is the process for surgery and anesthesia

- Plan of anesthesia
  - Will be worked out between you and the anesthesiologist, with consideration to what the surgeon needs and wants.
  - Essentially pulling from the “menu”
    - General anesthesia
    - Spinal with sedation
    - Local with mild sedation

## Common Side Effects (As opposed to Risks)

- |  |  |
|--|--|
| <b>General anesthesia and deep sedation</b>  | <b>Regional anesthesia with or without moderate sedation</b>   |
| <ul style="list-style-type: none"><li>• Nausea is 10-15% risk depending on surgery</li><li>• Will be groggy afterwards</li><li>• Almost no chance of remembering the operating room</li><li>• Maybe sore throat</li><li>• Possible pain at surgical site</li></ul> | <ul style="list-style-type: none"><li>• Nausea risk much lower</li><li>• Only mildly groggy afterwards</li><li>• Some chance of remembering being in the operating room (not pain)</li><li>• Sore throat not likely</li><li>• Possible pain at surgical site</li></ul> |

## What to Expect After

- Partly depends on type of anesthesia
  - Common things are
    - Usually stay 1-2 hours after until
      - Awake and alert
      - Spinal worn off so legs have strength
      - Voided - sometimes
      - Eaten something (juice and crackers) without significant nausea
    - Stay longer if needed
      - Slow to recover
      - Medical issues - OSA

## Risks - Why everybody worries

## FAQ

- Will the anesthesiologist be with me the entire time?
- Are spinals really as dangerous as I keep hearing?
- I'm elderly, will anesthesia hurt my brain?
- Can I drive myself home or take the bus?
- When can I eat?

## Thank You

- Questions?

## FAQ

- Will I wake up during my surgery?
- What about non-prescribed medications, including medical marijuana?
- Can I request a certain anesthesiologist?