

The Dungy Orthopedic Center
2121 West Chandler Boulevard
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Anesthesia for Your Upcoming Joint Replacement Surgery

On the day of surgery, you will be introduced to the Anesthesiologist assigned to provide you care.

PRE-OPERATIVE ANESTHETIC INSTRUCTIONS

You will receive information regarding when to last eat and drink, as well as instructions on which medications to continue or discontinue prior to surgery from Dr. Dungy's office staff per his recommendations. These instructions are important to follow, as liquid or solid food intake too close to your scheduled surgery time can lead to a delay or cancellation of surgery. This includes no smoking nor gum/candy chewing prior to surgery.

TYPES OF ANESTHESIA FOR YOUR TOTAL JOINT REPLACEMENT

Your medical history, expectations, and concerns are taken into consideration prior to an anesthetic plan being formed. Your safety, overall health and well-being are being cared for by the anesthesiologist.

GENERAL ANESTHESIA is provided by delivering medications that make you unconscious and unaware of pain. General anesthesia is achieved by both inhalation vapors (gases) and intravenous (IV) medications. This is often considered "going to sleep." During this type of anesthesia, the delivery of medication is carefully controlled, monitored, and adjusted with precision by your anesthesiologist.

REGIONAL ANESTHESIA is provided by injecting local anesthetic medication near nerves that serve the particular area of your body which requires surgery. Certain types of regional anesthesia, such as spinal blocks provide a complete blockade of pain in the desired area. There are certain medical conditions which prevent the use of a spinal anesthetic. Although this type of anesthesia provides pain-free surgery, it is often combined with general anesthesia or IV sedation which allows amnesia and/or relaxation.

SEDATION ANESTHESIA includes the delivery of IV or inhalation anesthetics which many consider "twilight" anesthesia. This may prove adequate for you in combination with regional anesthetics.

PERIARTICULAR INJECTION (PAI) is the injection of numbing medication during surgery into the soft tissues around the surgical site. Some of the medications can provide pain reduction for several hours to a few days after the procedure.

A LOCAL ANESTHETIC is performed by injecting "numbing" medication, such as lidocaine, into a specific body part which will make it numb so a certain procedure can be performed. Local anesthetic may be used prior to a regional block as explained above; however, local anesthetic alone would not be an appropriate option for a major orthopedic surgery.

If you are having a total or partial knee replacement, or even a hip replacement several different types of anesthesia may be used. For instance:

1. In the pre-operative holding area you may receive a sedative in your IV prior to being transported to the operating room. This will relax you and calm your nerves.
2. Once in the operative room a spinal anesthetic may be provided. This will serve as the anesthesia for surgery, but it also allows the administration of morphine (a narcotic used for pain control) into the spinal space, which may provide additional pain control for several hours after the spinal block has “faded” away.
3. General anesthesia usually accompanies the spinal.
4. At the end of the cases while still sleeping, a nerve block may be provided to continuously deliver medication to numb the nerves to the hip/knee through a catheter near your groin. Occasionally, this may be provided in the pre-operative holding area prior to surgery.

FREQUENTLY ASKED QUESTIONS

Who is an Anesthesiologist? Anesthesiologists are Doctors of Medicine who have completed an additional four years of post-medical school training, three of which are in an anesthesiology residency program. Their knowledgebase emphasizes internal medicine, and how various conditions affect your response to the stress of surgery. Their role will go beyond simply “putting you to sleep” and “waking you up.” Prior to surgery, the Anesthesiologist will review your medical background and the proposed surgical procedure to formulate a plan for you. During surgery, the physician will monitor your vital signs and use this information to regulate the anesthetic medications delivered during your surgery. Their role will continue once the effects of anesthetic medications have been reversed by providing care supervision while you are in the recovery room.

The goal of your Anesthesiologist will be to utilize a variety of options to maximize your treatment. Not only to provide you with surgical anesthesia, but to assist in the delivery of care that will decrease your post-operative pain.

The American Society of Anesthesiology has an excellent link which provides a generous amount of information for patient education in the field of Anesthesiology. The following is the website link to this resource:

<http://www.asahq.org/patientEducation.htm>

What if I have questions about anesthesia prior to surgery? Some patients may have additional questions regarding their anesthesia care; others may have specific medical conditions that require more extensive information in order to provide a safe anesthetic. Dr. Dungy has an excellent working relationship with any of the Anesthesiologist that may be assigned to provide you care. His office staff will assist you if more contact is required. Please feel free to ask.