

Local Anesthesia

- An injection of numbing medication to a small area or body part
- Local numbing lasts 8–12 hours (varies individually)
- Patient will be alert and awake during procedure (will not be unconscious)
- NPO Status – Not applicable
- Patient may drive day of procedure if he/she hasn't received any oral or IV narcotic pain medication.
- Examples: stitches, mole removal, etc.

Monitored Anesthesia Care (MAC)

- Also known as IV Sedation
- Medications are given to help patient relax and drift off to sleep. Although patient is unconscious, the patient will still be able to breathe on their own.
- Used for minimally invasive procedures
- NPO status – required
- Patient may not drive for 24 hours following procedure
- Examples: portacath placement, colonoscopy, etc.

Regional Anesthesia

- An injection of pain medication is given to numb a larger area or part of the body
- Numbness lasts 8–12 hours (varies individually)
- Often used in addition to general anesthesia for pain control
- Does not cause unconsciousness
- Common nerve blocks
 - Interscalene: May be used for upper extremity procedures such as a rotator cuff repair
 - Spinal: May be used for total knee replacement, urology, and OB/GYN procedures
 - Femoral: May be used for lower extremity procedures such as an ACL repair
 - Ankle: May be used for foot surgery such as a bunionectomy
 - Transabdominal Plexus Block (TAP): May be used for gallbladder, hernia, or hysterectomy

General Anesthesia

- Medication is given through a mask or IV to put patient to sleep
- During this time, patient will lose consciousness and control over specific bodily functions such as breathing. An intubation tube or “breathing tube” is placed.
- Used for major operations (examples: kidney stone removal, appendectomy, back surgery, etc.)
- NPO status is required
- Patient can't drive for 24 hours following procedure.

NPO: Nothing to eat or drink by mouth including candy, gum, cough drops, chewing tobacco, etc.