



WATERFRONT

PRIVATE HOSPITAL

Having an operation under local anaesthetic (LA)

Introduction

This leaflet explains what will happen when you come to the hospital for your operation or procedure. It is important that you understand what to expect and feel able to take an active role in your treatment. Your operation or procedure will be performed as a day case (so you will go home the same day).

This leaflet will answer some of the questions you may have about the anaesthetic, but if there is anything that you are unsure about, please ask your doctor or nurse.

What is a local anaesthetic?

A local anaesthetic involves injections which numb the area of your body that is being treated. This is usually a small area, but local anaesthetics can, in some cases, be used to numb larger areas for procedures such as liposuction. You will be fully awake and conscious, but you will be free from pain and discomfort once the procedure starts.

Before you come in

You **do not** need to stop eating or drinking before having this surgery or procedure and should, therefore, eat and drink as normal before you attend.

Please wear loose-fitting clothes, as wound dressings may be bulky. Wear flat, comfortable shoes. You do not need to bring any medications in unless they are essential, such as inhalers for asthma or an auto-injector (EpiPen) if you have a known risk for severe allergy/ anaphylaxis.



If you take regular medications, your surgeon will inform you if you need to stop taking any before your surgery, such as blood thinners like aspirin or warfarin. If you have any doubts about medications, don't hesitate to contact us well in advance.

Please leave valuable items at home.

When you are called for your operation

A staff member will go with you to the theatre or department where your procedure is taking place.

You can wear your glasses, hearing aids and dentures (if you have them) throughout the procedure unless your surgery is around the eyes, ears or mouth.

Jewellery

Jewellery and decorative piercings should ideally be removed. If you cannot remove your jewellery, it can be covered with tape to prevent damage to it or your skin; however, it may need to be removed if it will interfere with the site of surgery or procedure.

Makeup

Please do not wear makeup, especially if your operation/procedure is on the face.

When you are in the theatre or treatment room

Your surgeon is highly skilled at administering local anaesthetic and will talk you through the process and keep you informed at all times.

- The initial injections will feel quite stingy – this is normal, and the discomfort will wear off quickly.
- You may notice a warm, tingling feeling as the anaesthetic takes effect.
- Your operation/procedure will only proceed when you and your surgeon are sure the area is completely numb.
- You will still feel pressure, touch and movement, but you will feel NO pain.

- You will remain alert and aware of your surroundings.

How you will feel afterwards

- The treated area may feel swollen or tight.
- As the local anaesthetic wears off, you may find that you may have a tingling or burning sensation.
- The length of time that the local anaesthetic takes to wear off depends on what type of anaesthetic was used. It usually lasts for approximately 1-2 hours.
- During this period, take care not to injure the area which has been numbed, as you may not feel any damage.
- The local anaesthetic may also contain adrenaline. Adrenaline makes the surrounding blood vessels smaller. The area may have a blanched appearance (look lighter in colour). As the anaesthetic wears off, the normal skin colour will come back.
- A small amount of bleeding after the procedure is nothing to be alarmed about.
- As the local anaesthetic wears off, you may find that you need to take additional pain relief.

Side effects of local anaesthetics

Side effects of local anaesthetics are very uncommon. Rarely, patients may experience blurred vision, headaches and tingling around the mouth – these effects are temporary.

What will happen after I am discharged?

- Arrangements: It is important that you make arrangements following your procedure. Ideally, you should have someone available to take you home, or you can arrange for a taxi. Unlike general anaesthesia, it is not essential to have a responsible adult with you when you get home.
- Discomfort/ Pain: The treated area will remain numb for 1-2 hours. As the feeling returns, you may experience some discomfort or pain. Much of this will depend on the type of procedure you have had. Your surgeon will advise whether simple over-the-counter medications such as paracetamol and ibuprofen will be sufficient. For certain procedures, you will be

provided with stronger painkillers, and you should take these as instructed.

- Wound care: You will be advised how to look after your wound by your surgeon.
- Work: How long you need to take off work will depend on what your job involves and what operation/procedure you have had. For some local anaesthetic procedures, you may not require any time off work, and for others, you may require 1-2 weeks. Your surgeon will advise you about what is required. Fitness for work slips can only be issued if your surgeon advises more than 1 week off work for a non-cosmetic procedure.
- Driving: You should ideally avoid driving for at least a few hours after your procedure and wait until the local anaesthetic has worn off and once you are confident that there is no bleeding or pain that could distract you. For some procedures, you will need to avoid driving for several days – please check the relevant aftercare instructions you should have provided for your specific procedure.
- Follow-up appointment: This will depend on the surgery/procedure you have had, and the nursing staff will advise at the time of discharge

Useful numbers and contacts

Waterfront Private Hospital 0131 376 3785

hello@waterfronthospital.co.uk

We are open from Monday-Friday 08:00-18:00

If you have an EMERGENCY, please dial 999 or attend your nearest A&E department.

Further information

For more information about the Hospital, visit our website:

www.waterfronthospital.co.uk