

# UNDERSTANDING DIFFERENT MODES OF ANAESTHESIA AND ASSOCIATED RISKS

Patient and family  
education leaflet



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## 3. Sedation

Sedation involves administering medications to induce a state of relaxation and calmness during the procedure. You will be drowsy and may fall asleep, but you can be easily awakened.

### Risks or complications

- Adverse reactions to medications
- Breathing difficulties

## 4. Multi-modal anaesthesia

Multimodal anaesthesia, refers to the administration of different medications and incorporating specific anaesthesia techniques to provide optimal pain control and minimize the risks associated with anaesthesia. It involves using a combination of drugs from different classes, each targeting specific aspects of the pain pathway, to achieve better overall pain management and reduce the reliance on any single medication.



## Key goals of multi-modal anaesthesia

- Enhanced pain relief
- Reduced opioid use
- Faster recovery and reduced side effects

### Components of multi-modal anaesthesia

- Local anaesthetics
- NSAIDs (non-steroidal anti-inflammatory drugs)
- Acetaminophen, aka Paracetamol
- Opioids

Multimodal anaesthesia is tailored to each patient's specific needs and the nature of the surgery. The anaesthesiologist will consider factors such as the patient's medical history, pain tolerance, and potential risks to develop an individualized plan. By combining multiple medications and techniques, multimodal anaesthesia aims to provide effective pain relief, minimize the risks associated with anaesthesia, and promote faster recovery.

### For more information:

Scan the QR code for detailed information with regards to the different modes of anaesthesia.



# Introduction

This leaflet aims to provide you with essential information about the different modes of anaesthesia and the potential risks involved.

- Modes of anaesthesia:
  1. General anaesthesia
  2. Regional anaesthesia
  3. Sedation
  4. Multi-modal anaesthesia

Anaesthetists play a crucial role in ensuring your comfort and safety during surgical procedures. Your anaesthesiologist will carefully evaluate your medical history and the specific requirements of your surgery to determine the most suitable anaesthesia option for you. It's important to understand the available options and associated risks to make informed decisions and alleviate any concerns you may have.



## 1. General Anaesthesia

- General anaesthesia involves the administration of medications that induce a state of controlled unconsciousness. Under general anaesthesia, you will be completely asleep and unaware during the surgery. The medications used can be inhaled gases or intravenous drugs. Additionally, a breathing tube is typically inserted into your trachea or throat to assist with breathing while you are unconscious.
- General anaesthesia is commonly used for complex surgeries or when the surgical site is extensive.



### Risks or complications

- Adverse reactions to medications
- Damage to teeth, lips, throat or vocal cords
- Sore throat
- Post-op nausea vomiting
- Awareness during surgery (rare)
- Pneumonia or lung infection

## 2. Regional Anaesthesia

Regional anaesthesia involves numbing only a specific region of your body where the surgical procedure will take place.

There are two common types:

- Spinal or epidural anaesthesia: In this technique, medication is injected into your back to numb the nerves emerging from your spinal cord. It is often used for surgeries involving the lower abdomen, pelvis, or lower extremities.
- Targeted nerve blocks: Injections are administered to numb specific nerves around the site of the surgery. This is commonly used for surgeries involving the arms, hands, legs, or feet.

### Risks or complications

- Nerve damage (in rare cases)
- Infection or bleeding
- Allergic reactions to anaesthesia medications
- Partial or incomplete blockage which may require to convert back to general anaesthesia.

