



Preparing for Surgery

A Bruno Byte

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“When Seconds Count” from the American Society of Anesthesiologists

In addition to [Post-Polio Anesthesia Sensitivity](#), be sure to tell your physician anesthesiologist about these additional issues:

- **Anesthesia Reaction.** It's important to share if you've had a bad reaction to anesthesia during previous procedures. Your physician anesthesiologist will ask detailed questions about what happened to adjust your anesthesia and prevent it from recurring.
- **Alcohol Consumption.** More than two alcoholic drinks a day can increase your risk of side effects from anesthesia as well as affect the amount of anesthesia you'll need. Your physician anesthesiologist needs to know if you drink and may request you abstain before surgery.
- **Chronic Health Issues.** Many chronic health conditions can have repercussions for anesthesia, including diabetes, heart disease, allergies, liver or kidney disease, asthma, high blood pressure, obesity and seizures or other neurological disorders.
- **Heat Stroke or Suffered a Stroke.** If you or a family member have ever had -
 - Heat stroke (a reaction to excessive heat when the body is unable to regulate its temperature) (or)
 - Suffered a Stroke tell your physician anesthesiologist. Both can increase your risk of having a severe and potentially deadly reaction to anesthesia called malignant hyperthermia, which causes muscle rigidity and a sudden high fever.
- **Marijuana Use.** Marijuana has a sedative affect and can interact with anesthesia, so it's important to tell your physician anesthesiologist if you partake, whether by eating edibles, smoking or other methods. Further, smoking marijuana holds many of the same significant risks that smoking cigarettes does.
- **Medications.** Many medications can affect anesthesia or pain management. Research shows a certain class of antidepressant can blunt the effects of some opioids. If you take it, the physician anesthesiologist may choose a different type of pain management. While some medications (such as blood pressure medications) should be continued even during surgery, others may need to be paused for a day or longer. Be sure to discuss all your medications so the physician anesthesiologist can determine the best course of action.
- **Supplements.** Like other medications, certain supplements can interact with anesthesia. Many people take ginkgo biloba to improve their memory or ginseng as an immune system booster, but both can increase the risk of bleeding. Be sure to tell your physician anesthesiologist what supplements you take and the dosage. Bring your supplements to your presurgical

appointment with your anesthesiologist, or take a picture of the list of ingredients with your phone.

- **Smoker.** Smoking damages your heart and lungs and can lead to breathing problems during or after surgery. It also increases your risk of: developing pneumonia; needing a ventilator to help you breathe after surgery; suffering a heart attack during or after surgery; and reducing blood flow, which slows healing and increases the chance of infection. For these reasons, your physician anesthesiologist will likely ask you to stop smoking at least a week or more before the procedure. (And since you'll heal faster if you don't smoke while you recover, consider taking the opportunity to quit smoking altogether.)
- **Snoring/Sleep Apnea.** If your snoring is caused by sleep apnea – in which breathing is interrupted during sleep – anesthesia is riskier because it slows breathing and increases sensitivity to side effects. Sleep apnea also can make it more difficult for you to regain consciousness after surgery. If you have sleep apnea, the physician anesthesiologist may adjust the sedative, keep you in recovery longer and prescribe non-opioid pain medications.

You should discuss these issues and any concerns you have when you talk to your anesthesiologist before surgery. For example, if you are concerned about taking opioids, your anesthesiologist can discuss alternatives. Your anesthesiologist also will ask you questions and may order tests before surgery, such as a cognitive screen to assess your mental function, especially if you are elderly. Based on the results of those tests, your concerns, the information you provide and your health, the anesthesiologist will adjust your anesthesia, pain management and directions for recovery.

To learn more about preparing for surgery, visit www.asahq.org/wscpreparingforsurgery. You also can download and print Preparing for Surgery: An Anesthesia Checklist and The Path to a Safe Surgery: Preparing for Anesthesia Begins with You to take with you to visit your anesthesiologist prior to surgery, as well as when you go to the hospital or outpatient clinic for the procedure. To learn more about the critical role physician anesthesiologists play before, during and after surgery, visit www.asahq.org/WhenSecondsCount.

The Full Article is available - <https://www.asahq.org/whensecondscount/preparing-for-surgery/?fbclid=IwAR28LRosLd1K7oZD5MMJ2XwmumeAnFxPIOXNAZzBzuXQzpwf6CXqL7jn0Hc>

NOTE: [Post-Polio Anesthesia Sensitivity](#) is available under “Anesthesia” in the [articles](#) section of the Encyclopedia.

The Encyclopedia of Polio and Post-Polio Sequelae

contains all of [Dr. Richard Bruno's](#) articles, monographs, commentaries, videos and “Bruno Bytes” (Q & A articles).
<https://www.papolionetwork.org/encyclopedia.html>

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