

## Birmingham Foot Clinic Advice Guide Podiatric Surgery with Sedation

### General Consideration

Anaesthesia for your operation will be provided by the surgeon giving you one or more local anaesthetic injections into the foot before surgery starts. To improve your general comfort throughout the period of surgery, which may be an hour or more, intravenous sedative drugs will be administered by the anaesthetist during the operation.

### Preoperative preparation

Please have nothing to eat for at least six hours before surgery. This includes sweets and chewing gum.

Please have nothing to drink for at least four hours before surgery. However, if you are really thirsty, then you may have one small glass of plain water two hours before the operation. You must take nothing at all in this last two hours.

Any contravention of these guidelines may lead to your surgery being cancelled.

Please ensure that you empty your bladder within thirty minutes of going to the operating theatre.

### Procedure

Once in the anaesthetic room, a small injection needle will be put into a vein in your hand. This will be secured with adhesive tape. Injection of sedative drugs through this needle is started in the anaesthetic room. A blood pressure cuff is applied, sticky pads are placed on your chest to monitor your heartbeat and a small peg is placed onto a finger to monitor oxygen levels in your bloodstream.

You will start to feel drowsy. You are then moved into the operating room and onto an operating table. The monitoring aids are connected to special machines. A tourniquet cuff is placed around the leg. The foot is cleaned with antiseptic and sterile sheets are wrapped around the foot and placed over your tummy. Usually, the top end of each sheet is taken up over a support placed by your shoulders so that you cannot see anything of the operation!! You may be given extra oxygen to breathe through a facemask or small plastic tubes placed under your nose.

Prior to the commencement of surgery, the satisfactory effect of the anaesthetic is confirmed. Small extra doses of sedative drugs may be given during the procedure according to your wishes and your response to previous doses.

There will be several people in theatre; let alone the surgeon(s) and anaesthetist, there will be at least two nurses and an anaesthetic assistant. A radio may be on, quietly. Expect that you will feel drowsy at all times. You will feel movement and pressure as your foot is operated on but it should not be painful. Occasionally the tourniquet cuff becomes a little uncomfortable. You may well drift off to sleep at times during the surgery.

If you are unhappy about anything during the operation please tell the anaesthetist, who is there to look after you throughout the procedure.

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