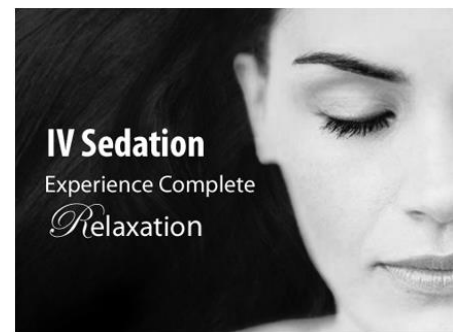
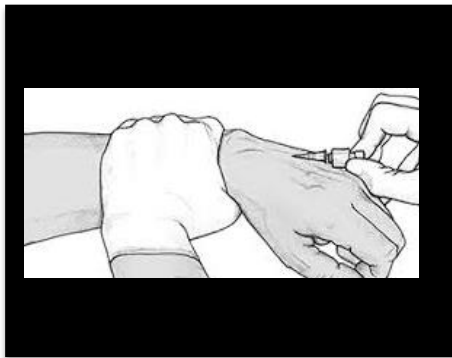


Anaesthesia for foot & ankle surgery has come a long way, with intravenous sedation (IV) and inhalational sedation providing significant safety benefits over general anaesthesia.

Anaesthesia for your foot surgery involves one or a combination of the following to ensure you are sleepy and very relaxed during surgery.

IV Sedation



At Adelaide Ambulatory Day Surgery, we engage a registered specialist anaesthetist who work in conjunction with your podiatric surgeon. Your anaesthetist will give you a medicine in the vein of your arm (IV) to relax you (sedation). An injection to block the region that you are having surgery on will then be administered. You will not be aware or recall that this has occurred because of the sedative effects of the IV medicine.

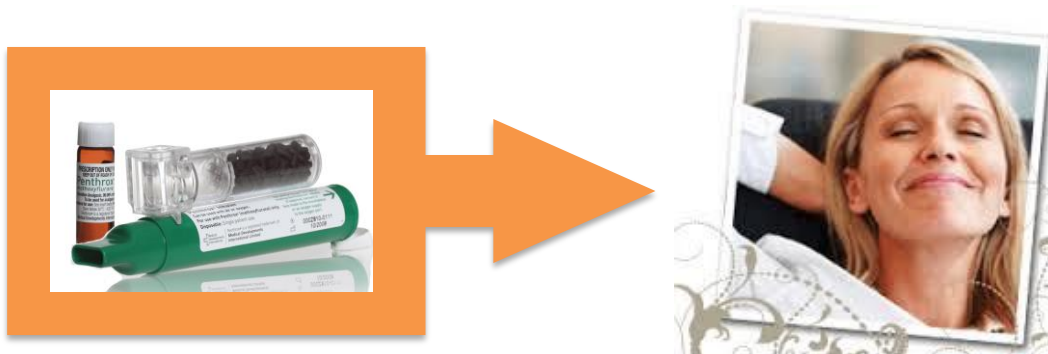
IV sedation is safe as it is controlled and produces a deeper level of anaesthesia, providing a comfortable experience with minimal level of memory afterwards. The level of sedation can be customised to each individual's needs. This helps you have minimal memory of the procedure while at the same time you are controlling your own breathing, can follow simple commands and be responsive when needed.

With IV sedation most patients:

- Feel less drowsy after surgery
- Experience a clean faster recovery for same day discharge.
- Have excellent pain control both during and after the surgery.
- Are less likely to have nausea, vomiting or a sore throat.

Prior to admission for IV sedation, a thorough medical review may be required by the surgeon and the specialist anaesthetist to determine your suitability and medical fitness for the procedure.

Pentrox Inhalation



Pentrox is often referred to as the 'green whistle' and is commonly used by ambulance officers to provide immediate antianxiety and analgesic effect in case of emergencies and accidents. The drug used here is called Methoxyflurane and is delivered as inhalation through the specially designed green device. It is safe to use, even in pregnancy, young adults alike, as it is a single use, one-off medication and is quickly eliminated from the body.

Patients with mild anxiety benefit from the use of Pentrox, as it is easy to use, non-threatening and you are in control of the device in your hand. This allows you to moderate how much you actually need to use. It lasts for about 45 minutes with continued use.

Regional, Nerve or Ankle Block



A regional or ankle nerve block that numbs the foot and prevents pain during and after the surgery can be performed with or without IV sedation or the use of the Pentrox inhaler.

You will be discharged home on the day of your operation and you will remain comfortable due to the nerve block you received. The effects of the block will start to wear off during the evening or overnight, depending on the time that the block was performed. For optimal pain control, you should begin taking the pain pills prescribed to you by your surgeon before going to bed or as you begin to regain sensation. Be sure to take the medication with a light snack, as nausea is a common side effect of pain pills.