

AMBULATORY ANESTHESIA CRUCIAL INFORMATION TO SUPPORT YOU

WELCOME



Information on ambulatory anesthesia

Dear patient,

As part of your outpatient procedure, anesthesia is planned. This brochure contains all important information about preparation and the procedure itself. Please read it carefully and note any questions for the pre-anesthesia consultation with your anesthesiologist.





BEFORE ANESTHESIA

Registration for anesthesia is arranged by your treating physician or dentist.

Health questionnaire

- Health questionnaire (completed online via email link or downloaded from our website)
- Copy of your health insurance card

Important: Please complete the questionnaire carefully and truthfully. If there are any questions, we will contact you or your general practitioner.

Pre-anesthesia phone consultation and consent

In the week before the procedure, your anesthesiologist will call you for the pre-anesthesia consultation. The anesthesia method will be discussed and your questions answered. You will then receive the consent form by email for signature.

ON DAY OF PROCEDURE

Fasting instructions (must be strictly followed)

An empty stomach is essential for your safety:

- No solid food for 6 hours before admission
- Up to 1 hour before admission: clear liquids only (water, tea, black coffee without milk)
- Not allowed: milk, fruit juices, smoking and chewing gum

Medication

Continue taking your usual medications unless otherwise discussed. Morning medications may be taken with a small sip of water

Clothing and preparation

- Wear comfortable, loose-fitting clothing
- Remove all jewelry and piercings
- No makeup or oily cosmetics
- Leave valuables at home

Please bring

- Health insurance card
- Allergy passport and medical ID cards
- Relevant medical reports
- Signed consent form

Please inform us immediately if your health status has changed since the phone consultation

ANESTHESIA METHODS

General anesthesia (standard for outpatient procedures)

- Medications administered via an intravenous line eliminate consciousness and pain perception
- Sedation: light sleep with spontaneous breathing preserved
- General anesthesia: deeper sleep with airway protection using a laryngeal mask or breathing tube

Circulation and breathing are continuously monitored during the procedure. After surgery, you usually wake up within 5-10 minutes.

Regional anesthesia:

Partial anesthesia of the upper limb is possible in selected cases. Details will be discussed personally.

Risks (very rare):

- Nausea or vomiting (preventive medication is given during anesthesia)
- Temporary sore throat (1-3 days)
- Minor mucosal bleeding with nasal intubation
- Very rare: dental injury or intolerance reactions

Serious complications are extremely rare



ROAD TO RECOVERY

AFTER THE OPERATION

You will be monitored until all organ systems are stable

Important points:

- Arrange an accompanying person. Do not go home alone
- For 24 hours after anesthesia: do not drive any vehicles (car, motorcycle, bicycle)
- For 24 hours: do not sign any legal documents
- Ideally, do not spend the first night alone

After the procedure, you will receive contact details for your anesthesiologist and information on pain medication.

PEDIATRIC ANESTHESIA

Our anesthesiologists have extensive experience with children. Children usually receive general anesthesia

Preparation:

- Loose, comfortable clothing (for children under 5 years: a diaper is recommended)
- Emla®-Patch: numbing patch applied to the back of the hand 2-3 hours before admission (prescription provided by email)

Procedure:

1. Pre-medication (nasal spray or syrup) makes your child drowsy
2. One parent may stay until the child falls asleep
3. Induction of anesthesia via intravenous line or face mask
4. Continuous monitoring during procedure
5. Short recovery phase with supervision after the procedure

Discharge: If breathing and circulation are stable and your child has no pain or nausea, you may go home together. We are available by phone 24 hours a day.

CHECK LIST

ANESTHESIA COSTS

- ☐ Health questionnaire completed and returned
- ☐ Health insurance card
- ☐ Transportation to and from the facility organized
- ☐ Fasting instructions followed
- ☐ Comfortable shoes and clothing
- ☐ Allergy passport and medical ID cards, if applicable
- ☐ Anticoagulation card, if applicable
- ☐ Relevant medical reports
- ☐ Leave valuables and jewelry at home (rings, necklaces, etc.)

Cost estimate and advance payment:

- For self-paying patients: cost estimate provided in advance
- Advance payment (up to 80% of the estimate) must be paid no later than one week before the procedure
- Final invoice issued after the procedure, minus the advance payment

Insurance coverage:

If a cost approval from an insurance provider is available, billing is handled directly with the guarantor

CONTACT

We are here for you, including during the first 24 hours after the procedure, if you have any questions about anesthesia or pain.

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