

Dear Patients

My name is Dr Tessa Beningfield and I will be your anaesthetist for your eye surgery. I have been doing anaesthetics since 1994 and eye surgery specifically since 2003. Please call me Dr Tessa or Tessa.

Depending on the type of surgery you will either be booked for local anaesthesia with sedation or general anaesthesia.

GENERAL ANAESTHESIA

You will be asked not to have any food or water for 8 hours prior to surgery. I will put up a drip and monitoring, a mask will be placed over your nose and mouth and you will be put to sleep with intravenous medication. Once the surgery is completed I will wake you up and you will rest in our recovery room area until I am happy that you are awake, pain free and have no nausea. You will go back to your ward where you will be given something to eat and drink and then you may go home. Always take it easy after surgery and get to bed early.

LOCAL ANAESTHESIA AND SEDATION

Most patients are a little anxious when they are told that they will be having their surgery with local anaesthesia. I am going to discuss it with you step by step and hopefully, by understanding the procedure, you will no longer feel afraid.

You will be asked not to have any food or water for 4 hours prior to surgery. You will take all your chronic medication as usual with a little water. If you are on blood thinning medication Dr Pillay will let you know whether he is happy for you to take it or not. If you are a diabetic on tablets, take your medication as usual. If you are on insulin injections please make sure that you eat if you are giving your injection as usual, preferably do not inject your insulin. We will test your sugar when you arrive. If you are asthmatic please bring your asthma pumps with you.

Sedation with local anaesthesia is a very gentle and safe way to perform eye surgery. You will be relaxed and pain free. The recovery is very quick. By the time we are finished the surgery and you have had a snack and something to drink you will feel well and will go home.

THE STEPS

You will come into the ward. The sister will admit you, fill out the paper work and put drops in your eye to dilate your pupil.

I will come and talk to you. I will discuss any medical problems that you might have and explain the procedure to you.

In theatre I will put some sedative medicine in your drip. You will feel very relaxed. You will sleep a little, just for a couple of minutes. When you are sleeping and are unaware of what is happening I will do an injection of local anaesthetic to make your eye numb. You will feel no pain. Your eye will be numb for around 6 hours. There is a chance of bruising with any injection, it does not happen often and will clear up within a week. If you do not remember your time in theatre please do not worry. The sedative medicine can make you forget. If you suffer from claustrophobia I will ensure that you are deeply sedated and completely unaware before we start.

You will be feeling very calm but please remember to LIE STILL and DO NOT TALK unless you need to tell us something urgently. The slightest movement makes it difficult for Dr Pillay to work. You will be in theatre about 45 minutes.

Once we are finished, an eye pad and a plastic patch will be placed over your eye to protect it. It will stay on until the following morning. You will go to recovery room where the nursing sister will do some routine checks and then you will return to your ward. The sister will give you something to eat and drink. You will also be given an appointment time to come and see Dr Pillay for your check-up the next morning. Your eye will stay closed overnight. Please bring all your drops with you to your check up and Dr Pillay will explain what you must do.

Go home and rest up. Have an early night. You may take all your chronic medication as normal.

I hope that this information helps you with your surgery. Please feel free to ask me any questions when we meet, no matter how silly you think they are. I look forward to meeting you and taking care of you.

Kind regards

Dr Tessa Beningfield