

STARK ART SURGERY

BY DR. JEN STARK

ANESTHESIA EXPERIENCE

Your comfort and safety are at the center of every procedure. Our anesthesia approach is designed to provide a smooth, closely monitored experience—before, during, and after surgery—so you can feel confident and well cared for at every step.

YOUR ANESTHESIA EXPERIENCE

For procedures requiring general anesthesia, care is provided by a board-certified physician anesthesiologist (M.D.) who specializes in anesthesia and patient monitoring.

Before your procedure, you may be asked to complete pre-operative testing to ensure you are in the best possible condition for anesthesia. This may include blood tests and, in some cases, additional studies such as an electrocardiogram (EKG) or chest X-ray.

EATING AND DRINKING BEFORE SURGERY

To help prevent complications during anesthesia, you must not eat or drink anything after midnight the night before your surgery. This includes water, coffee, gum, and candy.

You may brush your teeth the morning of your surgery, but do not swallow water. If you normally take important morning medications, your care team will advise whether they can be taken with a small sip of water.

Keeping your stomach empty is essential for your safety. Food or liquid in the stomach increases the risk of aspiration (when stomach contents enter the lungs) while under anesthesia. If you eat or drink after midnight, your procedure may need to be postponed.

MEETING YOUR ANESTHESIOLOGIST

Before surgery, your anesthesiologist will review your medical history and ask about your overall health, height, weight, medications, allergies, and any previous experiences with anesthesia. Providing accurate and complete information allows your anesthesia plan to be tailored safely to your individual needs. All medical information is kept strictly confidential.

DURING AND AFTER ANESTHESIA

Throughout your procedure, your anesthesiology team will carefully monitor your vital signs and overall condition. After surgery, you will be taken to a recovery area where trained staff will observe you closely as you wake from anesthesia. Most patients remain in recovery for approximately one hour, though this may vary depending on the procedure. You may receive medication to help manage pain or nausea during this time.

AFTER YOUR PROCEDURE

Once you are awake and stable, you will either be discharged into the care of a responsible adult or, if your procedure requires it, transferred to a scheduled overnight recovery suite.

It is important to carefully follow all post-operative instructions, including activity limitations and supervision guidelines. Staying well hydrated after surgery can help your body clear anesthesia medications more efficiently.

If you have any questions about your anesthesia or recovery, please do not hesitate to speak with your care team.