

# About your anaesthetist

## Your anaesthetist: **Dr Varjeet (Bob) Singh**



- Bob is a Specialist Anaesthetist who will be working with your surgeon for your upcoming procedure. He is an Australian doctor who is officially recognised as a Specialist in Anaesthesia and will help you through your operation/procedure.
- Bob is a Fellow of the Australian and New Zealand College of Anaesthetists (FANZCA) and also a Fellow of the Royal College of Anaesthetists (FRCA).
- With over 30 years of experience in providing anaesthesia for all types of surgery, Bob has worked both in the private sector and large teaching hospitals within Australia and the UK.
- He has also worked as a Family doctor in indigenous healthcare, a rural GP and as a Retrieval/Flying Doctor in Arnhemland.
- Bob and his wife Abi have recently relocated from South Australia to Queensland after being impressed by the tropical lifestyle and friendly people. Since 1991, Bob has proudly called Australia 'home'.

### Fasting

Fasting is very important to reduce the risk of aspiration (where stomach contents can enter the lungs, causing life threatening complications).

If your surgeon has given you specific instructions about fasting, please follow those details.

If you haven't received any information, or are unsure of what to do, please follow these instructions:

- **Fast from food for six (6) hours before your arrival to hospital.**
- **You can drink water up to two (2) hours before your arrival to hospital.**

### Your medications

- **blood-thinning medications** may need to be stopped, depending on which medication you are taking and why you are taking it.
- **diabetes medications** often need modifying before, during and after surgery.
- If you are taking blood-thinning and/or diabetes medications **[please discuss this with your surgeon/anaesthetist well before your procedure.](#)**
- most other medications should be continued up to and including on the day of surgery. Tablets can be taken with a small sip of water.

Your safety  
Australia is one of the  
safest places in the  
world to have an  
anaesthetic.

I hope the information  
provided will ease your  
mind. Please read it  
carefully. I want you to  
be well informed and  
am happy to answer any  
questions you have  
about your anaesthesia/  
procedure.

### Important information

Fasting  
Your medications

### Contact

Capricornia Anaesthesia in  
association with Adelaide  
Anaesthetic Services at:

T: [08 8139 0600](tel:0881390600)

E: [bookings@capricornia.online](mailto:bookings@capricornia.online)

# About anaesthesia

## Background

## What to expect

## Anaesthetic types

- General
- Regional
- Local
- Sedation

### Anaesthesia - some background

Anaesthetists in Australia are highly trained medical specialists. After graduating from medical school and completing an internship and residency, we spend at least 5 more years undergoing training in anaesthesia, pain management, resuscitation and the management of medical emergencies.

### What to expect

I will see you before your procedure, usually in the hospital on the day of your procedure, and ask you about:

- previous anaesthetics/operations
- medications
- allergies
- medical illnesses
- fasting

A physical examination is often necessary and will include listening to your heart and breathing.

We can then discuss the best option for your anaesthetic from the different types available.

### Different types of anaesthetics

There are different types of anaesthetics available:

- General anaesthetic
- Regional anaesthetic
- Local anaesthetic
- Sedation

### General Anaesthesia

Medications are injected into the body to achieve a carefully controlled state of unconsciousness while surgery is performed. Patients are asleep and completely unaware of anything.

### Regional Anaesthesia

Medications are injected around nerves to numb pain sensations coming from a large part of the body (eg arm, leg). Epidural and Spinal anaesthesia are examples of this.

### Local Anaesthesia?

Medication is injected under the skin to numb a small part of the body. Minor operations can be done this way.

### Sedation

Medications are injected into a vein to produce a heavy state of sedation. This technique can be used by itself, or in combination with regional or local anaesthesia.

### Fees

Your anaesthetist's account is separate from your surgeon's account and is your financial responsibility. The fee is dependent on the complexity of your procedure and your associated medical issues.

The final 'gap' (out of pocket expense) will largely depend on your health fund and payment may be required in full before the day of surgery.

### More information

Please check out our website:

[www.capricornia.online](http://www.capricornia.online)

or scan this code on your mobile:



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