

Mayo Clinic Minute

What you need to know about anesthesia

| Video | Audio |
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| | There's a lot that goes into ensuring someone is ready to safely undergo surgery with anesthesia and it starts long before they are brought into the operating room. |
| Dr. Ardon | "Patients should definitely be honest about their medical history when preparing for surgery." |
| | While anesthesia is generally very safe, there can still be inherent risks, which is why patients themselves should be proactive with their medical care. |
| Alberto Ardon, M.D. Anesthesiology Mayo Clinic | "Follow whatever recommendations the surgeon lays out. Sometimes that can involve taking certain medications in preparation. Sometimes that can involve going to physical therapy." |
| | Then there's the no food before surgery rule. |
| Dr. Ardon | "It's important not to eat anything eight hours prior to your scheduled procedure because there is an inherent risk of having any of those food contents accidentally come up into the throat and thereafter, go into the lung area." |
| | There are occasions where they would delay or even cancel procedures if patients don't follow that instruction. For the Mayo Clinic News Network, I'm Dana Sparks." |