

## Anesthesia Overview

For office-based settings, our team uses intravenous (IV) sedation in combination with local anesthesia (“numbing shots”, “lidocaine”) to control your pain and maximize your comfort.

**Monitored Anesthesia Care (MAC)** refers to IV sedation administered by a licensed anesthesia provider with the training to manage deeper levels of anesthesia.

There are 3 Basic Levels of Sedation:

1. Minimal: commonly referred to as “conscious sedation” or “twilight sleep”. You are relaxed, but awake and able to follow directions.
2. Moderate: drowsy and sleepy. You may not remember some parts of the procedure.
3. Deep: asleep and minimally responsive. You will likely remember very little.

For ENT procedures like balloon sinuplasty, eustachian tube dilation, and nasal vestibular stenting, periods of deep sedation are typically required.

**Benefits of IV Sedation:** Fast-acting, rapid recovery, fewer side effects and lower risk (compared to general anesthesia), and avoidance of a breathing tube.

### Risks:

- Serious risks include:
  - Oversedation: Oversedation occurs when you receive enough sedation that you can no longer maintain normal breathing and vital signs. Your anesthetist may have to intervene and assist your breathing or administer medications to keep you safe.
  - Aspiration pneumonia (food or liquid is breathed into the lungs). This can be life-threatening and is best prevented by following our fasting guidelines.
- Other risks include: headache, nausea, drowsiness, and bruising at the IV site.

### Expectations:

The day of your procedure, a CRNA will perform a preanesthetic evaluation, review your anesthetic plan, check your vital signs, and place an IV. You will meet your team and talk with Dr. Acevedo before we start.

With IV sedation, the vast majority of patients sleep through the entire procedure and remember nothing, but IV sedation intentionally stops short of general anesthesia, so you might remember parts of your surgery. Our goal: keep you as comfortable as possible as safely as possible.

Following your surgery, we will continue to monitor your status and provide any support you may need until you are fully awake and ready for discharge. The total time for your procedure and recovery is usually about an hour. You will receive verbal and written postoperative instructions and be scheduled for a follow up appointment with Dr. Acevedo before you leave.