

BEFORE YOUR SURGERY

Types of Anesthesia

Three main types - and how we choose the safest one for you.

There isn't just one kind of anesthesia.

We pick what's safest for your surgery, your health, and your preferences - and sometimes we combine them.

General	You're completely asleep and unaware, with a breathing tube to help you breathe. Used for major or longer operations.
Regional	Numbs a whole area - like everything below your waist, or one arm or leg - while you stay awake or lightly sedated. A spinal, epidural, or nerve block can give hours of pain relief after surgery.
Monitored anesthesia care	Numbing medicine plus light sedation - you're relaxed and drowsy but breathing on your own. Common for colonoscopies and cataract surgery, with a faster recovery.
How we choose	Based on your surgery, your health, and your preferences - always the safest option. Ask us which we recommend and why.

Questions about your anesthesia? Call your pre-op team

Your facility's care team

Your Surgery Center · Patient education for surgery.
Educational information only, not personal medical advice.
Always follow the specific instructions from your care team.