

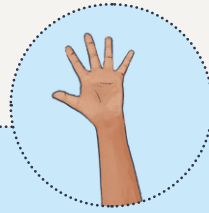
What is an Anaesthetic?

There are two types of anaesthetic:



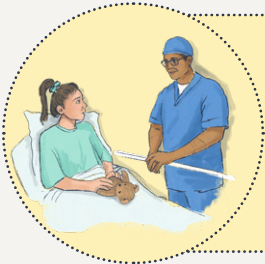
General Anaesthetic

A medicine that makes you fall into a deep sleep.



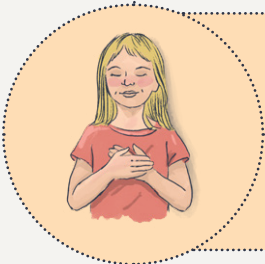
Local Anaesthetic

A medicine that makes part of your body feel numb.



Who is an Anaesthetist?

An Anaesthetist is a doctor who gives you the anaesthetic.

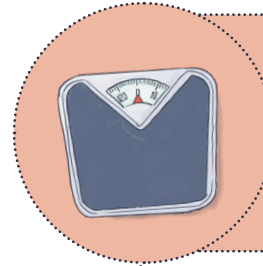


Is it safe?

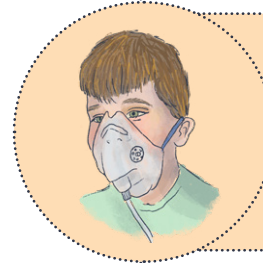
Yes, it is safe. The anaesthetist will be there to look after you.

Step by step

General Anaesthetic



You will meet the doctor and you will be **weighed**.



You will be given some air to breathe through a mask – **like a diver or astronaut!**



The anaesthetic will make you **fall to sleep**. You will have your operation.







When the operation is finished, you will **wake up and go back to the ward**.

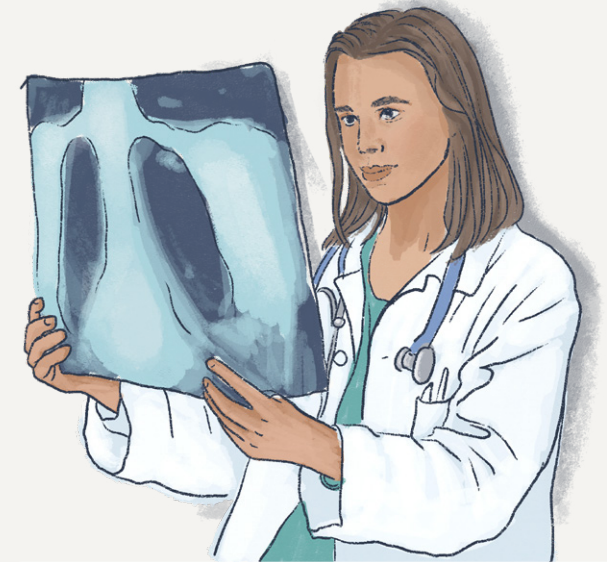
Coping with your worries

Don't worry if you feel scared or worried before your Anaesthetic – **it is quite normal.**



If you need help with your worries look around and try to find...

-  **4 things** you can see
-  **3 things** you can touch
-  **2 things** you can hear
-  **1 thing** you can smell



For further support and information about your procedure

Please scan this QR code and it will take you to the Paediatric Psychology website.



ABUHB Paediatric Psychology Service

Contact:

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