

AVOIDING PLASTIC SURGERY DUE TO ANXIETY ABOUT ANESTHESIA? FEAR NO MORE!

By Becky Wiese

No one likes to feel nauseous, or even less, the dreaded reaction of vomiting. It's just no fun, thus inherently ranks at the bottom of most people's "how I like to spend my day" list. One reason people avoid surgery of any kind, big or small, is the fear and dread of feeling so sick afterwards. Not only is there the pain of surgery to deal with, there may also be the sick feeling of, well, feeling sick.

Dr. Chad Tattini has found this to be very true in his 17 years of practice as a plastic surgeon. "By and large, people aren't afraid of the surgery itself... they're afraid of the anesthesia and the way it makes them feel post-op."

"I've found the more a patient knows about the procedure they will be having, the more it puts their mind at ease. I meet with each patient at least twice to talk about any surgery, and we give them a tour of our surgical suite so they can see the room, the OR table, the anesthesia machines—so they don't feel like they are in a strange place when the day of their surgery arrives."

Additionally, especially if the patient has had a bad experience with anesthesia in the past, Dr. Tattini's office is happy to set up a meeting with a Vitalz Anesthesia certified registered nurse anesthetist—so the patient can ask questions about getting "put under."

"There's an element of anxiety that we can eliminate when we educate the patient and have them talk with the nurse anesthetist before their surgery," Dr. Tattini says.

Based in Bloomington, Vitalz Anesthesia Unlimited has five full-time CRNAs, ten that work as needed, and serves outpatient facilities in the Bloomington-Normal community. Michael Almeida, one of the nurse anesthetists who regularly works in Dr. Tattini's office,



explains that outpatient-based surgeries have increased significantly over the last ten years. “Currently 70 percent of the surgeries performed are on an outpatient basis, and plastic surgery is one of the most common.”

Because most offices are not set up for overnight care, the goal is to get patients feeling better sooner so they can return home the same day as their surgery. Nausea is one of the main reasons patients take longer to recover after surgery, so if the nausea can be lessened or even eliminated, the patient can go home the same day and will feel better overall.

The easiest way to accomplish this is to use the TIVA technique: Total IV Anesthesia. While gas is easy and works well, it has the side effect of making many people feel nauseous when coming back to consciousness. Instead, TIVA ensures a patient is completely unconscious for the surgery, all through IV medication. David Hammond, CRNA, adds, “When we talk with the patients, we find out if they have nausea issues. The best thing we have to try to minimize the risk of nausea is the TIVA option.”

“Patients may wake up ‘foggy,’” says Dr. Tattini, “but they wake up quickly and with no nausea or vomiting. This is huge, because even if the surgery is virtually painless, if a patient has nausea and vomiting, it’s a bad experience in their mind.” For patients who really have a hard time, Dr. Tattini will also prescribe a scopolamine patch to be worn the night before surgery, so the patient gets a good 12 hours of anti-nausea medication.

Of course, pain from surgery can also cause anxiety, even nausea if it’s intense. Dr. Tattini takes a proactive approach with pain management as well. First, patients get pain medication the night before surgery—a pre-emptive analgesia that helps patients experience less pain post-operatively. Then, the day of surgery, they receive a “cocktail” of pain medication, nausea medication, and a nerve block.

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During surgery, he injects the muscle with an analgesia that lasts up to three days post-op, which gets the patients through the hardest stretch of pain and helps decrease swelling. Breast surgeries also include a “rib block” for pain control, further enabling the patient to recover with less pain.

The focus on patient comfort at the practice of Dr. Chad Tattini, MD, Plastic Surgery is paramount. Addressing patient anxiety about feeling sick and experiencing post-op pain is one way he, his team, and the certified registered nurse anesthetists from Vitalz Anesthesia work to ensure his patients have a great experience and are pleased with the results of their surgery.

Dr. Chad Tattini has recently moved his practice to a new state-of-the-art building located at 902 N. Hershey Road in Bloomington. Dr. Tattini is on the cutting edge of many cosmetic and reconstructive surgeries. He currently operates in the comfort and privacy in his new office. For more information or to set up a consultation, you may call 309-664-1007 or visit his website www.chadtattinimd.com.

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