



## Future Aspects of Anesthesiology and their Side Effects in Humans

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### DESCRIPTION

Anesthesiology is a medical specialty that deals with the prevention and relief of pain and the maintenance of vital functions during surgery and other procedures. Anesthesiologists are physicians who have specialized training and expertise in anesthesiology. They use various drugs and techniques to induce different levels of anesthesia, ranging from local anesthesia (numbing a small area of the body) to general anesthesia (causing unconsciousness and loss of sensation throughout the body). Anesthesiologists also monitor and regulate the patient's breathing, heart rate, blood pressure, temperature, and other vital signs during the procedure. They also provide postoperative care and pain management for the patient.

Anesthesiology is a complex and challenging field that requires a thorough knowledge of human physiology, pharmacology, anatomy, pathology, and clinical medicine. Anesthesiologists must be able to assess the patient's medical history, physical condition, and potential risks before administering anesthesia. They must also be able to anticipate and manage any complications or emergencies that may arise during or after the procedure. Anesthesiologists work closely with surgeons, nurses, and other health care professionals to ensure the safety and comfort of the patient.

Anesthesiology has evolved significantly over the years, from the use of ether and chloroform in the 19<sup>th</sup> century to the development of modern anesthetic agents and techniques in the 20<sup>th</sup> and 21<sup>st</sup> centuries. Anesthesiology has also expanded its scope beyond the operating room to include other areas of medicine, such as intensive care medicine, critical emergency medicine, pain medicine, palliative care medicine, pre-hospital emergency medicine, and perioperative medicine. These sub-specialties involve the application of anesthesiology principles and skills to various clinical scenarios involving critically ill or injured patients, chronic or acute pain conditions, end-of-life care, or preoperative optimization.

Anesthesiology is a rewarding and fulfilling career that offers a variety of opportunities for professional growth and development. Anesthesiologists can work in different settings, such as hospitals, clinics, ambulatory surgery centres, academic institutions, research centres, or private practice. They can also choose to focus on specific types of anesthesia or procedures, such as pediatric, cardiac, neuro, obstetric, regional, or ambulatory anesthesia. Anesthesiologists can also pursue further training and certification in sub-specialties such as critical care medicine, pain medicine, hospice and palliative medicine, or pediatric anesthesiology.

The side effects of anesthesia may vary depending on the type, duration of the procedure, your health condition, and your individual response to the drugs. Some of the possible side effects are:

**Nausea and Vomiting:** This is a common side effect that may occur immediately after the procedure or within a day or two. It may be caused by the anesthetic drugs, the surgery itself, or other factors such as dehydration or motion sickness. Anti-nausea medications can help prevent or treat this side effect.

**Drowsiness and Confusion:** You may feel sleepy, groggy, or foggy after general anesthesia or sedation. This usually wears off within a few hours, but some people may feel tired for a day or two. Older adults or people with certain medical conditions may experience more prolonged or severe confusion or memory loss after anesthesia. This is called Postoperative Delirium or Cognitive Dysfunction (POCD). It usually resolves within a week, but in some cases it may last longer or become permanent.

**Sore throat or Hoarseness:** You may have a sore throat or a hoarse voice after general anesthesia due to the insertion of a breathing tube in your throat during the procedure. This usually improves within a few days with rest and fluids. Lozenges or gargling with salt water may also help.

**Dry mouth:** You may have a dry mouth after anesthesia due to dehydration, mouth breathing, or certain medications. Drinking plenty of fluids and chewing gum or sucking on candies can help moisten your mouth chills and shivering. You may feel cold and

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shiver after anesthesia due to a drop in your body temperature during the procedure. This is more common with general anesthesia than with regional or local anesthesia. Your healthcare team will try to keep you warm during and after the procedure with blankets, warm fluids, or heating devices. Medications can also help stop shivering if needed.

Muscle aches may have sore muscles after general anesthesia due to the use of muscle relaxants during the procedure. This usually goes away within a day or two with rest and pain relievers. Stretching and gentle exercise can also help ease muscle stiffness.

Bladder Problems may have difficulty in urinating after general anesthesia due to the effects of the drugs on your bladder muscles and nerves. This is more common with spinal or epidural anesthesia than with general anesthesia. You may need a catheter (a tube inserted into your bladder) to drain urine until you can urinate normally again. Drinking fluids and walking can also help stimulate urination.