

## **Detailed Patient Story of Sedation Experience**

**This patient had previously undergone rhinoplasty under general anaesthesia, Dr. De Silva completed revision rhinoplasty under sedation anaesthesia**

### **Revision Rhinoplasty under Sedation Anaesthesia (Twilight Anaesthesia)**

I decided to have sedation as I liked the idea of being able to go home after my procedure and not to have as much down time. This is something I have never experienced before so I was extremely nervous on the day, however in the back of my head I always knew I was going to be safe and therefore I was happy to go ahead with it. On the day of my procedure I arrived early in the morning. I met the nurse who got me set up in my gown etc. and took my blood pressure. Next I met the anaesthetist, who explained exactly what I would be given, at what stages and what would happen. At this stage I was definitely feeling anxious but knowing that he would be beside me for the whole thing and his kind nature really helped. I then met Dr de Silva and we talked about the procedure some more. I was brought into the operating area and met the rest of the team. I was then administered the sedative and this is all I remember until I started to come around about an hour and a half/2 hours later. I remember hearing the nurse talking to me and feeling a bit uncomfortable. She told me that I would be ok and that I just needed to rest for a bit, which I did. About 30 minutes later I was in the recovery room and I remember just feeling drowsy. I didn't feel any pain other than a dull heaviness on my nose and I was quite surprised that there was no pain. I was able to leave in a taxi with my friend and make my way home. From here I slept for a bit, we watched a movie and I had something very light to eat. I had an early night, (sleeping with a lot of pillows!) and I was really surprised with how much good sleep I got. From here I began my recovery, which was very straightforward. Personally I was not in any pain during my recovery and the only thing I found difficult was having to rest and take it easy and not over exert myself as I just wanted to get back to normal as quickly as possible. I think if having as little downtime as possible is something that is important to you, then sedation is definitely the way. I am really happy with my decision and the outcome of my procedure!

In September 2014 I had my rhinoplasty procedure under sedation. I am really happy with the results of my procedure and I am delighted I went to Dr de Silva. I had done ALOT of research before to find the best doctor and one that had the most experience in this field. The reason why I choose Dr de Silva is because from my research I learnt a lot about the symmetry of facial features and the importance of having everything in balance. Knowing what looks best is like a fine art and one that

takes a lot of experience and this is something that Dr de Silva has abundance of knowledge in. From the moment I began my journey both Dr de Silva and his team have been so kind and patient, and always there if I needed anything. I really felt like I could tell them any of my worries (even more than once!) and that I felt completely relaxed and safe there.