

IT'S OKAY TO BE SCARED.

—What Actually Happens Inside the OT—
Your fears, answered honestly.

Up to **80%** of surgical patients experience significant anxiety before an operation.

If you feel afraid before surgery-of the needle, the mask, going to sleep, not waking up-you are not alone. These fears are real, human, and completely normal.

This edition of **Altrus Times of Change** is devoted to one thing: telling you the truth about what happens-so the unknown no longer frightens you.



**Edition:
June, 2026**

IN THIS EDITION

1. Why surgical fear is normal-and what drives it.
2. The biggest myths about anaesthesia and surgery-debunked.
3. What actually happens from when you arrive to when you wake up.
4. The 4 types of anaesthesia-and what each one feels like.
5. How Altrus keeps you safe at every step.
6. Fun Corner

Why Do We Fear Surgery?

Fear of surgery is not weakness. It is the brain doing exactly what it is designed to do-protecting you from the unknown. Most surgical anxiety comes from three sources :

1. **Loss of control**- being unconscious, dependent, unable to intervene.
2. **The unknown**- not knowing what the OT looks, sounds, or feels like.
3. **Stories and myths**- things heard from others that are exaggerated or simply untrue.

The good news : all three can be addressed. Knowledge is the most powerful anaesthetic for fear.

Anaesthesia is like the invisible superhero of modern medicine. But like every superhero, it has its share of myths! Time to bust them-for kids, adults, and everyone in between.

Myth

- ✖ I'll wake up mid-surgery and feel everything!
- ✖ Anaesthesia is just like going to sleep.
- ✖ A spinal injection will give me back pain for life.
- ✖ The needle / cannula will really hurt.
- ✖ I'll say something embarrassing waking up.
- ✖ I won't wake up at all.
- ✖ My memory will be permanently damaged.
- ✖ The anaesthesiologist leaves once I'm asleep.
- ✖ Anaesthesia always makes you feel sick after.

Fact

- ✔ Fewer than 1 in 10,000 cases. BIS monitoring reads your brain activity live - if depth drops even slightly, your anaesthesiologist adjusts immediately.
- ✔ Not at all. Sleep is your brain resting. Anaesthesia is a controlled switched - off state - no dreaming, no awareness, no pain. The world's most effective pause button.
- ✔ Fine needle, precise spot, numb lower half. Mild soreness for a day or two at most. Long-term back pain from spinal anaesthesia is extremely rare and not supported by research.
- ✔ At Altrus, even cannula insertion is made as painless as possible - experienced hands, calm approach, right technique. Most patients say this surprised them the most.
- ✔ Mostly legend. You'll feel groggy for a few minutes - not a truth-serum session. The dramatic stories are far more common on the internet than in our recovery room.
- ✔ Anaesthesia mortality in well-monitored hospitals: approximately 1 in 100,000. You are safer on the operating table than on the road.
- ✔ Temporary grogginess for a few hours is possible. Once it wears off, your brain fully recovers. No erased memories, no lasting effects.
- ✔ Never. Your anaesthesiologist is beside you every second - heart, oxygen, breathing, depth of sleep. They don't leave the cockpit mid-flight.
- ✔ Modern agents have greatly reduced nausea. At Altrus, anti-nausea medication is given proactively - most patients wake up comfortable, not sick.

Did You Know?

- 01** Up to **80%** of patients experience pre-operative anxiety-you are in the majority, not the exception.
- 02** Anaesthesia today is **50 times safer** than it was 40 years ago.
- 03** Modern monitoring means your vitals, depth of sleep, and oxygen are **tracked** every second of surgery.
- 04** Most patients remember **nothing** between going to sleep and waking up in recovery.
- 05** The average general anaesthetic induction takes **under 60 seconds**.

What Actually Happens

Whether you are having general or spinal anaesthesia, your journey has three phases. Here is what each one looks like at Altrus.



Before Surgery



During Surgery



After Surgery

Before Surgery

- ✔ PAC (Pre-Anaesthesia Clinic) completed - your anaesthesiologist already knows your history, medications, and allergies. No surprises on surgery day.
- ✔ You arrive, change into a gown. A small IV cannula is placed - at Altrus, we use ultra-fine gauge needles specifically chosen to minimise discomfort.
- ✔ ECG pads placed on your chest, baseline vitals recorded. Pre-medication given if needed to ease anxiety.
- ✔ Your team introduces themselves. You know every person in the room before anything begins.

During Surgery

- ✔ Anaesthesia is administered - type depends on your procedure. You feel either completely asleep or completely numb below the waist.
- ✔ Your heart rate, oxygen, blood pressure, breathing, and depth of anaesthesia are monitored every single second throughout.
- ✔ Your surgeon operates. You feel nothing, hear nothing, experience nothing. Your team is entirely focused on you.
- ✔ Your anaesthesiologist does not leave the room. They are there from the first moment to the last.

After Surgery

- ✔ You begin waking up in the OT itself, with your team right there. Once stable, you are moved to the recovery room.
- ✔ A dedicated recovery nurse stays beside you until anaesthesia is fully reversed and you are completely alert.
- ✔ This takes 2 to 3 hours on average - it varies. There is no rush. You leave recovery only when you are ready.
- ✔ Pain after surgery is taken seriously at Altrus. Trained staff monitor your pain score round the clock using a standardised protocol. You will not be left to manage discomfort on your own-analgesia is adjusted proactively, not just when you ask.

Understanding Anaesthesia

Your anaesthesiologist selects the safest type for your procedure, age, and health.

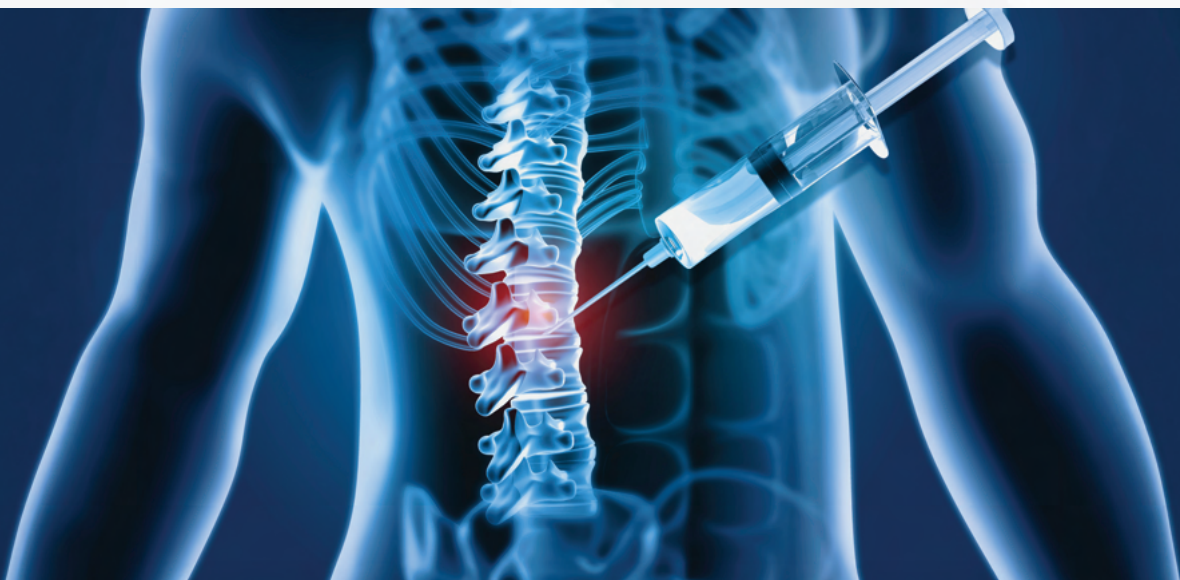
	Type	What it is	You Experience
	General	Complete unconsciousness	Fall asleep, wake up-surgery done
	Spinal / Epidural	Numbs lower body only	Awake but feel nothing below waist
	Local Anaesthesia	Numbs a small area	Fully awake, zero pain at the procedure site.
	Sedation (MAC)	Relaxed, drowsy, comfortable	Calm, semi-aware, no pain

General Anaesthesia - What You Should Know

- ◆ Modern general anaesthesia uses highly precise, rapidly reversible agents - you wake up quickly, cleanly, and without the prolonged grogginess of older drugs.
- ◆ At Altrus, ultra-fine IV cannulas are used for anaesthetic delivery - minimising insertion pain and reducing post-operative bruising.
- ◆ BIS monitoring ensures you are never too light (risk of awareness) or too deep (unnecessary stress on the body) - always the right level.
- ◆ You will have no memory of anything between going to sleep and opening your eyes in recovery. Most patients say it felt like no time passed at all.

Spinal Anaesthesia - What You Should Know

- ◆ At Altrus, we use the finest gauge spinal needles available - specifically pencil-point tip needles that pass between spinal fibres rather than cutting them. This significantly reduces the risk of post-injection headache and back soreness.
- ◆ You remain fully awake and can speak to your team throughout. A screen ensures you do not see the surgical field.
- ◆ No general anaesthetic drugs means faster recovery, less nausea, & quicker return to eating & drinking.
- ◆ Sensation returns gradually - tingling, then warmth, then full feeling - over 2 to 4 hours in recovery. You are monitored throughout.



The Altrus Operating Theatre



- ◆ **Surgeon** Operates with real-time video guidance.
- ◆ **Senior Anaesthesiologist** Full-time, present throughout. Manages your sleep, pain, breathing, and every vital sign.
- ◆ **Anaesthesia Technician** Sets up and manages all anaesthesia equipment. Nothing left to chance.
- ◆ **Scrub Nurse** Assists the surgeon. Strict sterility maintained throughout.
- ◆ **Recovery Nurse** The first face you see when you wake up. Stays until you are stable and ready.

Modular OT - Built for Safety



Laminar Airflow Ultra-clean air flows in one direction across the surgical field. Bacteria continuously flushed away.



HEPA Filtration Removes 99.97% of airborne particles. Air inside the OT is cleaner than almost anywhere in the building.



Positive Pressure + Seamless Surfaces Contamination cannot enter when doors open. No surface crevices for bacteria. Disinfected between every procedure.



Controlled Temperature & Humidity Maintained precisely to protect patients from hypothermia and inhibit bacterial growth.

Equipment



- ◆ **Anaesthesia Workstation** Integrates gas delivery, breathing circuit, and ventilation. Automatic leak detection and fail-safes.
- ◆ **Masimo SET Monitor** Clinical gold standard. Heart rhythm, oxygen, blood pressure, breathing, temperature tracked every second.
- ◆ **BIS Monitor** Reads brain activity live. Confirms always the right depth of sleep-no awareness, no over-sedation.
- ◆ **Defibrillator, Crash Cart, Difficult Airway Trolley** Every emergency covered-charged, stocked, and verified before every procedure.

Safety, Hygiene & Accreditation

At Altrus, safety is not a checklist. It is a culture.

- ◆ Senior anaesthesiologist present throughout. ACLS-trained team. ICU within the facility-immediate transfer, round-the-clock critical care and NICU.
- ◆ Full OT sterilisation between every case. All instruments autoclaved. Single-use disposables. Scrubbing protocol strictly enforced.
- ◆ QAI-accredited hospital - standardised surgical safety checklist at every step. Pre, intra, and post-operative checkpoints formally documented.
- ◆ Pain managed before you wake up. Anti-nausea medication given proactively. Every patient-child or adult- explained to and reassured before anything begins.



General Insurance Council
Industry Association of General
Insurance Companies



FUN CORNER

Word Search Challenge

Find the following words :

ANAESTHESIA, RECOVERY, SAFETY, SURGERY, CALM, HEALING,
MONITOR, SLEEP, CARE, CONFIDENCE, ALTRUS, TEAM



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Surgery is not something to fear.

It is something to prepare for with the right team beside you.

