

Anesthesia—Monitored Anesthesia Care

Monitored anesthesia care (MAC) is a technique that minimizes pain and anxiety during surgical procedures. With MAC, you are not fully sedated as you would be under general anesthesia. The anesthesiologist will administer intravenous (IV) medication in your arm or hand. You will probably be in a light, sleeplike state and may wake up occasionally during the surgery. You will breathe on your own and will not need the help of a ventilator. The anesthesiologist will monitor you just as if you were undergoing general anesthesia, checking your vital signs, maintaining your airway, and continually evaluating your vital functions.

After MAC, you may not remember any of the procedure, and you may experience headache, nausea, and vomiting. You will be monitored closely immediately following your procedure. Depending on your doctor's instructions, you may stay in the hospital overnight for close monitoring or you may be discharged. If you are released the day of the procedure, you should not drive, operate dangerous equipment, make any major decisions, or sign any legal documents for a day afterward.