

To My Prospective Surgeon,

I am writing to you to enlist your assistance and to let you know my specific concerns about going under anesthesia for my upcoming surgery. My information and the solutions to my concerns are based on the popular book, *Getting Over Going Under* by Dr. Barry Friedberg, a practicing board certified anesthesiologist. Dr. Friedberg is also the author of *Anesthesia in Cosmetic Surgery*, which was written for doctors.

The standard anesthesia practice, as I understand it, is to over-medicate for fear of under-medication. I am aware that anesthesia over-medication carries with it the risks of delirium, dementia and death especially in patients over the age of 50.

Anesthesia over-medication, as well as under-medication, can most easily be avoided by my anesthesiologist (or nurse anesthetist) with the use of a brain monitor.

Of my three concerns, the most important to me is that I awaken from anesthesia without having lost any of my mental faculties (aka “my marbles”).

Next in importance to me is that I not have postoperative nausea or vomiting (PONV). I understand that this is best accomplished by avoiding the use of the two kinds of drugs that most commonly cause PONV – intravenous narcotics and “smelly gases.”

Last is that my brain be protected from painful signals at the start of surgery. According to Dr. Friedberg, this can readily be accomplished with a 50 mg dose of ketamine given three minutes prior to surgical stimulation – either injection of local anesthesia in my incision or your surgical site.

All of this is thoroughly explained for medical professionals at www.drfriedberg.com.

I know that my concerns need to be heard by my anesthesiologist. Since it is likely I will not meet my anesthesiologist prior to surgery, I am relying on you to pass the accompanying letter along to the person responsible for scheduling anesthesia well in advance of my surgery date.

I am confident you will do a great job of surgery. And I know my experience with surgery will be much better if I can trust my concerns have been heard well before I am admitted for this procedure. Thank you for your help in accomplishing this.

Yours sincerely,