

General Anesthesia for the Adult Dental Treatment

Coastal Anesthesia Consultants

Bogdan Popa, M.D.

Jon Bennett, D.O.

218 8th Street, Huntington Beach, Ca 92648

(714) 201-3804 – Dr. Popa

(714) 655-8719 – Dr. Bennett

(714) 908-7953 – Fax

dental_anesthesia@yahoo.com

www.dental-anesthesia.net

Your dentist has asked us to help by providing anesthesia for your upcoming procedure. Our group specializes in the delivery of anesthesia, which allows the required dental treatment to be achieved conveniently, and safely with maximum patient comfort. We are pleased to be able to offer this service and wish to introduce ourselves and provide you with a brief explanation of the anesthetic techniques that we use.

Our group, Coastal Anesthesia Consultants (CAC), is comprised of Board Certified physician anesthesiologists. CAC physician members provide private practice anesthesia services in this community and have earned a reputation from both our patients and healthcare colleagues, of providing personalized care while maintaining the highest safety standards. We bring our own anesthesia equipment and medications to the dental office (or other medical offices), and are able to provide a very safe and effective anesthetic treatment for both pediatric and adult patients who would otherwise need to have their treatment in a hospital or surgery center.

Office-based anesthesia is a unique subspecialty in the field of anesthesiology. It has gained recognition among physicians as an important service to offer for the convenience of our patients and dental and medical colleagues. The State of California, the California Medical Board, and the California Board of Dental Examiners carefully regulate the qualifications of the anesthesia provider in the office setting as well as the emergency and routine equipment that must be available on site. In addition to a license to

practice medicine in California, we have “General Anesthesia Permits” issued from the Board of Dental Examiners

Financial Arrangements

Dental insurance often does not cover anesthesia services. Sometimes they will tell you that they do cover “general anesthesia for dental treatment” **however they do not mean I.V. sedation/general anesthesia provided in the dental office.** They are talking about anesthesia performed in a hospital or surgery center setting. Medical insurance companies **may** reimburse for our services but it is extremely unlikely. They usually do not cover anesthesia provided in a dental office. **Therefore, we do not bill insurance companies, medical or dental. We do not get pre-authorization from the insurance company.** You are responsible for paying our fee for the I.V. sedation/general anesthetic. If you would like, R.C.Mclean and Associates, Inc (an Anesthesia billing company) can fill out a formal CPT code sheet and submit it on your behalf to your insurance carrier in an attempt to have them reimburse for general anesthetic services. This paperwork is routinely submitted by doctors’ billing services and it involves assigning a performed procedure a designated (CPT) code before invoice in sent to the patient’s insurance company. There is a small additional charge (approximately \$25) for this professional service and reimbursement is not guaranteed.

Safety Concerns for I.V. Sedation in the Dental Office

Prior to the day of surgery, we will spend time talking to you and your dentist to make sure that the office setting will be a safe and appropriate place to provide I.V. sedation/general anesthesia for you. If we think that you have a pre-existing illness that would jeopardize your safety under I.V. sedation/general anesthesia in the office, we will recommend the hospital setting as an alternative.

In concordance with the California Board of Dental Examiners, we carry all the routine emergency equipment including extra oxygen tanks, breathing equipment, emergency drugs, and a defibrillator. In essence, our Anesthesiologists have the same type of equipment and medication that would be available within the operating room of a hospital or surgery center.

The main concern with this type of anesthesia is to maintain an open airway and adequate breathing. This is routine for an anesthesiologist. We are always managing the unconscious patient and making sure their breathing and all other physiologic functions are maintained. We continually monitor the patient's level of anesthesia, vital signs and breathing throughout the treatment, never leaving them during the procedure.

The risk of an "allergic reaction" to these sedation drugs is very remote. It has been reported in the literature with propofol but it is very rare. If you are allergic to eggs or to soy, we would not use this particular anesthetic during sedation since there is an increase in risk of an allergic reaction to propofol in the presence of these food allergies. Similarly, if gas anesthesia is used for your maintenance anesthetic, there is a very remote possibility of developing an allergic reaction known as Malignant Hyperthermia but we are equipped with Dantrolene, the antidote if this exceedingly rare condition occurs.

Postoperative nausea and vomiting is a possible side effect of anesthesia. We will administer anti-nausea medications through the I.V. during the dental treatment that have no other side effects and are very effective in preventing this problem.

Our Anesthetic Technique for the Adult Dental Patient

Depending on the type of dental procedure(s) being performed, you will receive either an I.V. sedation only (M.A.C.) or a general anesthetic. This allows you to have minimal or no awareness of the dental procedure, maximal comfort and the highest degree of safety. These anesthetic techniques provide excellent conditions for your dentist to perform the needed dental work in one visit that might otherwise require many dental visits to complete. As mentioned above, we have an anesthetic setup in the dental office, which is very similar to that which would be present in any operating room or in any hospital site outside of the O.R. where we would be providing this same technique. We equip the treatment room with state of the art monitoring equipment, suction equipment and a full array of A.C.L.S. (Advanced Cardiovascular Life Support) resuscitation equipment for emergencies, which includes all necessary drugs, airway equipment, and a defibrillator. You can view some of this equipment by visiting the "welcome" page of our website at: www.dental-anesthesia.com.

We will contact you directly before the scheduled dental procedure at the phone number(s) you have provided to your dentist. The purpose of this call is to obtain a brief medical history, provide pre-procedure eating and drinking instructions, to discuss the details of the anesthetic management, and to answer any other questions you may have regarding the anesthetic technique.

At the time of your scheduled appointment, we will meet you in dental office and address any last minute concerns. We will perform a targeted physical examination after which we will start an intra-venous (IV) line. This is the only needle stick or pain that you will feel. Once the IV is in place, we will begin administering medications to sedate you or, if indicated for your procedure, to induce a state of general anesthesia. If you are having general anesthesia, it is customary to secure the airway and make sure that it is protected since your own natural protective reflexes will temporarily be extinguished by the anesthetic. This means that we will place a breathing tube once you are completely asleep that will pass from your nose into the trachea and stay there for the duration of the procedure. This will be taken out before you are completely awake so that you will have no recall of it being there. Once again, this is routine for anesthesiologists who are considered experts in airway management. Occasionally we will be able to use a breathing tube that is introduced through the mouth into the trachea, but this depends on the procedure and the dentist's preference. Our anesthetic technique will not only include sedatives but pain medication, antibiotics (if needed) and anti-nausea medicine as well.

At the end of the procedure, we will stop administering IV medications and/or anesthesia gases. Side effects vary according to the technique used. One possible side effect of the sedation is shivering but this will resolve quickly. Other side effects may include a stuffy nose, a mild dry or sore throat, nausea and headache. Given the medications we use, we expect the incidence of nausea to be quite low (1% or so) and the other side effects mentioned will be very mild and transient in nature if they occur at all.

After the dental treatment is concluded, patients tend to emerge rapidly from anesthesia, feeling pain free, a little sleepy, but comfortably rested. Most often patients can safely leave the office within 30 to 45 minutes after the procedure is completed. It is common to sleep part of the day, eat a light meal and be fresh and completely recuperated by the next morning. We ask

that you refrain from driving or making important decisions for the rest the day.

You will get detailed instructions about what to expect after the procedure both from the dentist, the staff, and from us. Please read the instructions provided for you below to give you an idea of what to do before the treatment and what to expect afterwards.

Instructions to follow before the Appointment

Eating and drinking:

The following eating and drinking instructions are extremely important to follow exactly as written to insure your safety under anesthesia. These are standard guidelines given to any patient having anesthesia and are meant to prevent the possibility of vomiting and aspirating vomit while sedated or groggy.

On the day of your appointment, you should not have any food to eat or liquids to drink at least **8 hours before the procedure**. Therefore, for example, if your appointment is at 8 a.m. the last food or drink you can have would be at 12:00 AM. It is very important that you do not suck on candy or chew gum within seven hours, or smoke within sixteen hours prior to your procedure. If you find it absolutely necessary, you may drink no more than one ounce of water up to four hours before your procedure

Transportation:

Pre-arrangements should be made for a responsible adult to accompany you home upon discharge from the office.

Change in health status:

If you have a change in health status before the appointment, for example, a cold, sore throat, cough, nausea or vomiting, or fever, please call your dentists' office as soon as possible so that we can contact you.

Medications:

If you take any prescribed medication, please continue it on the day of the appointment. If it is an oral medication take it with a small sip of water. If it is an inhaler continue to use it at the regular time and bring it with you. If you are a diabetic or if you have other medical conditions such as high blood pressure and coronary artery disease we will discuss the exact medications you should take when we talk on the phone 1-2 days before your procedure.

Clothing:

Wear comfortable, loose fitting clothes, a short sleeve shirt, and flat shoes on the day of your treatment. Please do not wear make-up, lotions, jewelry, or cosmetic hair products on the day of your treatment. Please try to void immediately before your anesthetic. To avoid potential embarrassment, we strongly recommend the use of "Depends" urinary incontinence products for patients with a weak bladder, or for dental treatments expected to last longer than 4 hours.

Questions:

As we mentioned above, we will contact you one or two days before the scheduled procedure to answer any questions. If you have urgent concerns or questions that cannot wait, please contact us on our pager numbers. We will call you back as soon as we are able.

Instructions to Follow After I.V Sedation/General Anesthesia

Pre-arrangements should be made for a responsible adult to accompany you home upon discharge from the office. You will not be allowed to leave the office by bus or taxi after anesthesia. You should plan to have a responsible adult stay with you until the next day. Do not plan to drive a vehicle or operate potentially dangerous equipment for twenty-four (24) hours after your treatment. Muscle aches and a sore throat similar to a mild flu may occur. It is also not uncommon to have mild dark bleeding or clots from one or both nostrils following dental surgery. This is nothing to be alarmed about, and will normally disappear in 24 to 36 hours. Your mouth and tongue may be numb following the dental treatment, resulting in a sensation of a foreign body or "lump" in your throat. This is perfectly normal, and

will disappear in a few hours. Post-operative pain medication is the responsibility of the doctor or dentist. The first drink should be plain water, then fruit juice or Gator-Aide. Avoid soft drinks at first. Drink only small quantities of beverages during the first hour. After the first hour, you may eat small portions food, as tolerated (preferably soft, bland and not hot). No alcoholic beverages for 24 hours. NO SMOKING for 24 hours. Pain medication on an empty stomach often causes nausea. If persistent nausea and vomiting, difficulty breathing, fever in excess of 101.5 degrees within the first 4 hours, tenderness and or redness near the IV site develops, or for any other anesthesia related concern developing within the first 24 hours, please call us at the numbers provided above. For all other matters, such as postoperative pain medication and wound or bleeding concerns, please contact your doctor or dentist.

We look forward to participating in your child's dental treatment. Please feel free to contact us by either cell phone or email if you have any other concerns about the anesthesia procedure that we have not addressed. Thank you very much for using California Anesthesia Consultants for your anesthesia needs.

Bogdan Popa, M.D.
Jon Bennett, D.O.