

# Anesthesia Options



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Anxiety related to dental work is not uncommon. Although technology and techniques have dramatically improved over the years, patients can still feel nervous and anxious about dental treatment. Most oral procedures are tolerated quite well by patients especially if the dentist practices modern approaches, technology, good pain management, and of course, a gentle touch.

However, oral surgery procedures vary and a proper anesthesia approach can make the experience more pleasant and comfortable. Patients may choose between IV sedation, nitrous oxide (laughing gas), or local anesthesia only. Over 95 percent of patients undergoing oral procedures choose to be asleep with IV sedation. Here is some relevant information to help make the best choice for you.



## What is IV sedation?

IV sedation involves administration of several medications intravenously. Initially, nitrous oxide gas is given to relax you, and then a very small IV needle or catheter is placed with minimal discomfort. Patients are monitored as the medications are slowly given to achieve the right level of sleepiness. This takes no more than two to three minutes. Once you are asleep, the surgeon will start the procedure. IV sedation is very different than general anesthesia that is given in a hospital setting and requires intubation.

## Who administers the IV sedation anesthesia?

IV sedation will be administered by Dr. Kazemi, who is trained and licensed for this procedure. He has received extended anesthesia training in the hospital during his residency and is very familiar with anesthesia protocol, its medications, emergency and airway management, and post anesthesia recovery.

## Medications used for IV sedation

Medications typically include Valium or Versed (Benzodiazapines), Fentanyl (a narcotic), and Brevital (a short-acting barbiturates) or Propofol. Medications are given as a cocktail, which means they are combined, but each is given in small doses to avoid risks and complications while achieving the desired anesthesia level.

## Safety

IV sedation is very safe and predictable in healthy patients when administered by an experienced clinician with proper training and accepted protocol. The patient is continually monitored during anesthesia, and emergency equipment is on hand if necessary. The medications used have a long history of safety and are short-acting. Anesthesia is also safe in patients with respiratory problems or cardiovascular disease, provided that precautions are taken. To avoid possible airway compromise, patients with severe upper respiratory compromise, such as severe cold with stuffy nose and productive cough are asked to postpone the surgery until they feel better.



The facility is equipped with emergency equipment and medications, and the entire team is trained to manage any possible complications quickly and properly. The surgeon is CPR and ACLS certified and can manage any complications that arise effectively and quickly. Suburban Hospital is in proximity in the event additional assistance is required.

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## Is it possible to wake up during anesthesia or surgery?

The anesthesia is given to keep you in a steady state of sleepiness and to avoid waking up during surgery. This is accomplished by administering small increments of the medications in regular intervals during surgery. Very rarely, a patient might briefly wake up during a procedure.

If that happens, additional medications are given and patient will fall asleep again within a few seconds. This short and brief awake period is rarely recalled by the patient. Some patients have very high tolerance to anesthesia medications and remain somewhat alert, even after receiving a considerable amount of medications. These patients may remain in a lighter state of anesthesia, but are quite comfortable.

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## Possible side effects or complications

Anesthesia is remarkably safe when administered with proper protocol, monitoring, medications, and expertise. Rare potential complications include nausea, vomiting, respiratory depression, clinically significant changes in blood pressure, and cardiovascular problems. Complications are prevented from taking a good patient medical history and examination, taking proper precautions in those with certain illnesses, continuous monitoring, supplemental oxygen, judicious use of medications, availability of emergency medications and equipment, and a well-trained surgeon and team.



Nausea following surgery is the most common side effect of IV sedation. A prophylactic dose of an anti-nausea medication (such as Zofran) can be given during the procedure to help decrease nausea in susceptible patients. It often resolves spontaneously by the evening or the next day. If mild, carbonated soda can help resolve it. If it is more severe, anti-nausea medication may be prescribed in either pill or suppository forms. Also, you might consider not taking strong narcotic pain medications until the nausea has subsided. Ibuprofen or Tylenol can be substituted during this time.

**Allergies to anesthesia medications are extremely rare.**

## Recovery from anesthesia

As soon as the procedure is completed, you will immediately wake up, often in response to a simple tap on the shoulder. You can walk a few minutes later with the help of the assistants to the recovery room where you will relax for 30 to 45 minutes before going home. You cannot drive after surgery and must have someone take you home. You might feel sleepy for the rest of the day. It's best to take a nap at home and just relax. By the next day, most people have recovered from the effects of anesthesia and can return to some normal activities. The overall time for recovery can vary based on a patient's tolerance, physiology, anesthesia time, and the amount of medications administered.

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## How soon can I return to work, school, or normal activities after IV sedation?

Most patients return to work, school, or some normal activities one to two days after surgery. Most schedule their surgery on a Friday and can be ready to go back by that Monday. There is no problem with traveling or flying the following day, although it's best to rest for a day or two. Of course, there is always individual variations in overall recovery.

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## Other medications given during anesthesia:

- **Steroids:** minimize swelling; given as single IV dose.
- **Antibiotics:** if there is an existing infection.
- **Anti-nausea medication** (e.g. Zofran)



## Other Anesthesia options

### Nitrous Oxide (Laughing Gas)

This is laughing gas. While it provides some relaxation, the patient is still awake and aware of the procedure. This approach may be adequate for simple procedures or those who are less anxious. It may also be used in children having simple extractions of primary teeth.



It is administered via a nasal mask. After two to three minutes, the patient will experience relaxation and light-headedness. It also acts as an analgesic decreasing discomfort from the procedure. Following the procedure, nitrous oxide gas is stopped, and the patient is given 100 percent oxygen. After two to three minutes, the effect of nitrous oxide is gone, and the patient regains normal feeling.

Patients may eat prior to nitrous oxide sedation and drive home safely. An escort is not necessary. Laughing gas is extremely safe in both children and adults, and there are no long-lasting side effects. It is always administered with a minimum of 30 percent oxygen.

### Local Anesthesia

This is the 'numbing' only approach. The patient is fully awake. Although he or she is numbed adequately, so there is no pain, there are other sensations that may be uncomfortable, like pressure, vibrations, or sounds. Local anesthesia is also given to patients during IV sedation or nitrous oxide sedation. The numbness gradually resolves over three to four hours following the procedure.

## Local anesthesia safety

Local anesthesia, when administered in proper dose, is very safe. People often use the term "novocaine" when talking about local anesthetics, even though novocaine has not been used in dentistry for decades (both because it wears off too quickly and because allergies to novocaine and other ester-based '-caines' are relatively common). All the '-caines' used for local anesthesia these days are amides rather than esters.

True allergies to the local anesthetics used nowadays are exceedingly rare - only a few cases have been reported worldwide. Some people are allergic to preservatives in local anesthetics. Patients may rarely experience heart palpitations, shaking, sweating, or feeling faint, which are not the symptoms of a true allergy.

## ANESTHESIA & PRE-OPERATIVE INSTRUCTIONS

**Clothing-** Wear loose, comfortable clothing with sleeves that can be easily rolled up if you are to be given IV sedation.

**Transportation-** Arrange to have someone at least 18 years old to accompany you to your surgery appointment and drive you home afterward. You may be drowsy for a while after anesthesia, and driving yourself is unsafe.

**Diet-** If intravenous anesthesia will be administered, do not eat or drink for at least 8 hours prior to your surgery appointment.

**Medications-** Adhere to any medication schedule that is prescribed by the surgeon prior to surgery. Your surgeon will explain any medication schedule that is needed for your individual case. Any medications taken on a daily basis may be taken on the morning of surgery with a small sip of water.

- **Blood thinners:** If you are on Coumadin, it is best to stop it 72 hours prior to surgery (upon approval by your Physician); If on Plavix or baby Aspirin, there is no need for modification.
- **Asthmatic Patients:** Please bring your inhaler with you on the day of surgery.
- **Diabetic Patients:** If you are insulin-dependent, please take 1/2 of your normal dosage the morning of surgery.
- **Steroid Medications:** On the morning of surgery, please double your normal dosage of medications.
- For patients with a **heart murmur** requiring antibiotic prophylaxis, take antibiotics 1 hour before surgery (please note that guidelines have changed and most antibiotics are no longer required for many types of heart murmurs)

**Others-** Do not wear contact lenses; Do not smoke for at least 24 hours before anesthesia; Please do not wear eye makeup, lipstick, or nail polish.

# Planning Your Visit



## Planning for your procedure and anesthesia:

We understand that taking time off work or school for a procedure may be challenging. Therefore, we have designed the **All-In-One Visit** program that provides both consultation and procedure on the same day. If you are undecided about type of anesthesia, it's always best to be prepared: Do not eat or drink anything for eight hours and have someone available to drive you home.

Post-operative follow-up, although always recommended, can be done via telephone or email. Forms maybe completed prior to your visit on our Website or by fax. These prearrangements make it easy to have diagnostic X-rays, consultation, and procedure completed **all on the same day**. Finally, in five to seven days, Dr. Kazemi will check up on the patient's progress via phone or email. As a convenience, prescriptions are available right in our office. We offer a flexible appointment schedule, Monday through Friday between the hours of eight and five, and early morning or late-day appointments per special arrangements. Weekend appointments are available for our VIP and presidential service packages and can be reserved per special arrangements.



## What your escort can do during your procedure?

Your loved ones can relax in our lounge and enjoy a cup of tea or coffee and read wide selection of magazines. Or take advantage of our free Wi-Fi computer lounge to check emails and browse the internet on either your computer or ours. They may also take a stroll on convenient Bethesda Avenue and visit the many stores, coffee shops, and restaurants. We'll call them when procedure is complete so they can return to office and join you in the recovery room.

## Necessary information prior to the procedure:



- Patient registration form, medical history, signed HIPAA forms. All forms may be completed online or sent by fax prior to your visit.
- Referral form from your dentist indicating the recommended wisdom teeth for extraction and other treatments.

## What is the cost, payment options, and insurance protocol?



The cost depends on the type of anesthesia and the length of the procedure. There is no cost for local anesthesia. Once an X-ray has been reviewed and treatment plan completed, the exact cost will be discussed. Anesthesia services are often considered under dental insurances. We have several payment options including short- and long-term plans. Those with insurance may choose to pay the fees and receive reimbursement directly from their insurance company, or pay an approximate co-pay and we will submit the necessary claims. If you need special financial assistance to prepare for your desired procedures, a separate consultation appointment is recommended.

## About Dr. H. Ryan Kazemi



**Dr. H. Ryan Kazemi** is an oral and maxillofacial surgeon certified by the American Board of Oral and Maxillofacial Surgeons. He received his dental degree from the University of Pennsylvania, School of Dental Medicine in 1990. Following a one-year internship at the Albert Einstein Medical Center in Philadelphia, he pursued surgical training at The Washington Hospital Center in Washington, DC, where he received his certificate in Oral and Maxillofacial Surgery. Dr. Kazemi has practiced in Bethesda, Maryland, since 1997 providing a full spectrum of oral and maxillofacial surgery procedures with emphasis on extractions, dental implants, bone grafting, and corrective jaw surgery.

Dr. Kazemi is a diplomat of the American Board of Oral and Maxillofacial Surgeons, and an active member of the American Association of Oral and Maxillofacial Surgeons, American College of Oral and Maxillofacial Surgery, Academy of Osseointegration, American Dental Association and Entrepreneur Organization.

He has served as the founder and president of several dental and implant study clubs in the Washington DC area. Dr. Kazemi has published and lectured extensively on dental implants, bone grafting, and practice management. His newsletter, *To-The-Point* is read by more than 2000 dentists every month. He is also the founder of DDSForums.com, a professional networking site for dentists.

Dr. Kazemi serves on the medical staff for D.C. United, the major league soccer team in Washington, D.C. and the US National Soccer team for the care of their athletes.

### What sets us apart:

- Treatment by board-certified oral surgeon
- Predictable results
- Speedy recovery
- Flexible scheduling
- On-time appointments
- Safe and comfortable atmosphere
- Warm and personable service
- Quick access and response when you need us



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