

# Plan Your Visit



Dr. H. Ryan Kazemi  
Oral & Maxillofacial Surgery

(301) 654-7070  
[www.facialart.com](http://www.facialart.com)

4825 Bethesda Ave., #310  
Bethesda, MD 20814

We want your visit to be a special experience and to serve your needs in every way possible. If we can be of any assistance during your visit, please let us know.

## Office Hours

Monday to Friday from 8:00 AM to 5:00 PM.  
Saturday hours by special arrangements only.  
Evening or weekend appointments available for emergencies or by arrangement. We are available 24 hours a day for emergencies and patient related questions.

## Keeping you on time

Your time is important to us. With our "3-minute" rule, you will be seen on time or within 3 minutes of your appointment time. Your appointment is reserved specifically for you. Therefore we ask you to arrive on time. Here are our suggestions:

- Plan to arrive 10 minutes before your appointment.
- Consider traffic patterns during rush hours - Give yourself plenty of time.
- Complete the necessary forms online prior to arrival.
- Bring the following unless sent by your dentist:
  - Any available X-rays
  - Referral form indicating requested procedure

## Cancellations

Your appointment is specifically reserved for you. While unforeseen circumstances may come up, please schedule your appointment carefully to avoid cancellations and a possible long wait for another appointment. We suggest the following:

- Make prior arrangements with work or school.
- Arrange an escort or other transportation means.
- If you must cancel, provide us with 48 hours minimum notice, so we can offer your appointment to others on our waiting list.

## Pre-registration

Save time by completing your forms prior to your visit. You may complete them [online](#) or [print](#) the forms and either fax them to (301) 654-7050 or email them to [patientcare@facialart.com](mailto:patientcare@facialart.com).

There are three necessary forms:

- Patient and guarantor information
- Medical history form
- HIPAA form

## X-rays

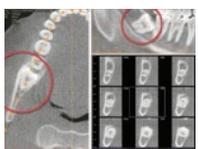
X-rays are necessary for proper diagnosis and planning for your surgery. There are three types of X-rays:



• **Panorex:** Indicated for wisdom teeth, multiple extractions, dental implants, bone grafting, and some biopsy procedures.



• **Peri-apical X-ray (small dental X-ray):** Adequate for non-wisdom teeth extractions.



• **CT Scan:** Indicated for some bone grafting procedures, some dental implant procedures, jaw cysts, and other forms of pathology.

### Important information about X-rays:

- If you have existing X-rays from your dentist, you may have them sent to us electronically, or you may bring a copy with you to your appointment.
- X-rays must have been taken **within 6 months** of your appointment.
- We can take any necessary X-rays in our office using state-of-the-art digital technology.

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## Referral forms

Your dentist or physician must provide you with a referral form or treatment recommendation letter indicating the requested procedure(s). This is a legal document and an important part of communication between us and your doctor. The referral form may be sent to us by your dentist in three ways:

- Online through [Referral Form](#)
- Via fax to (301) 654-7050
- By hand when you come for your appointment.

## Financial preparation

Fees, payment options, and financial matters are usually discussed during your consultation appointment to help you prepare for your desired surgery. If you are planning for surgery on the same day as your consultation, please come prepared with a form of payment, which is due on the day of service. We offer the following payment options:

- **Cash, checks, and credit cards**
- **Online payment via PayPal**
- **Two-month installment payment plan:** An office payment plan available for fees greater than \$750.00. A financial agreement form and a major credit card (not a bank card) are required. Your installment payment will be charged automatically to your card on the due date unless other forms of payment have been made.
- **Extended payment plans (3-60 months):** An interest-free option for approved patients. (For 3-12 month payment plans, a 5-10% one-time service charge may be applicable, depending on the chosen terms.) This monthly payment plan does not require payment at time of service. Prior application and approval are necessary. An insurance packet will be prepared for you to send to your insurance company for direct reimbursements. A copy will be provided for your records.
- **Insurance:** We do not participate in any insurance plans. However, we can accommodate most plans, with benefits directly reimbursable to you. We will provide you with the necessary forms and information so you may submit claims for direct reimbursement. Should you desire to pay your insurance co-payment only, we will need to verify your insurance and then submit a claim for you. [CLICK HERE FOR DETAILS](#)

We are happy to file the forms necessary to see that you receive the full benefits; however, we cannot guarantee any estimated coverage. You will be reimbursed either by your insurance company or our office, once your claims have been processed. Because the insurance policy is an agreement between you and the insurance company, we ask that all patients be directly responsible for all charges. Please know that we will do everything possible to see that you receive the full benefits of your policy. If for some reason your insurance company has not paid its portion within 60 days from the start of treatment, and you have not paid your fees in total, you will be responsible for payment at that time as indicated on your financial agreement form. You are also responsible for any portion not covered by your insurance plan. (Insurance companies pay according to their usual and customary rate, which may be different from our fees.) Our financial coordinator will review your fees and your available benefits during your consultation. Your benefits information is obtained directly from your insurance company, and we are not responsible for their compliance during the processing phase. A pre-estimate form may be sent to your insurance company if you want to know exactly what your benefits will be.

## Length and Number of Visits

The number of visits for wisdom teeth surgery may be tailored to your needs. If you cannot take too much time off from work or school, or your teenager has limited time because of school, sports, or other obligations, then you can pick the All-In-One visit. This way, you can have your consultation and surgery all on the same day. If you prefer to meet the oral surgeon, learn about the surgery, visit the office to become more comfortable, and discuss treatment options prior to surgery, you can choose the All-In-Two visit option.

There are three types of visits:

- 1. Consultation:** Typically 20 to 30 minutes, when X-rays are taken, an exam is given, and your oral surgeon discusses the recommended surgery and anesthesia and reviews consent forms, pre-operative instructions, and prescriptions. The financial coordinator also discusses fees and payment options.
- 2. Surgery:** Typically 20 to 30 minutes for all four wisdom teeth to be removed followed by 30 to 45 minutes of recovery from anesthesia. Additional time may be required for more complex wisdom teeth extractions.
- 3. Follow up appointment:** Usually a five-minute visit to evaluate healing, remove sutures if necessary, and give other recommendations for continued healing.

## All-In-One-Visit

You can arrange your consultation and surgery all on the same day, and dissolvable sutures can be placed so there is no need for a follow-up visit. A telephone or email follow-up is usually adequate. This is suitable if you have limited time, especially for students who have to return to school, or have exams, work, or other responsibilities that make it difficult to take time off.

## **For the All-In-One-Visit:**

- Necessary forms are completed prior to your visit via website or fax.
- On the day of your appointment, necessary X-rays are taken, a consultation is done, and surgery is completed as planned- all on the same day!
- In 5-7 days, the oral surgeon checks up on your progress by phone or email.

## **Who is ideal for the All-In-One Visit?**

- Healthy patients with no need for special medical precautions.
- Non-complex impacted or non-impacted wisdom teeth (i.e. no major cyst, pathology, or severe and unusual impactions).
- No significant financial assistance necessary (i.e. insurance work up, payment plans, etc.).
- You are comfortable with the information provided online and by phone and have good confidence in the recommended oral surgeon.
- Multiple visits are difficult due to limited time or distance.

## **All-In-Two Visits**

Having the consultation and surgery on the same day may not be for everyone. Some patients might want a separate consultation or follow-up appointment to make sure everything is healing well.

### **You might consider a separate consultation appointment if:**

- You are very anxious, and meeting the oral surgeon and the staff might help put you at ease.
- The surgery is complex in nature (e.g. deeply impacted or malpositioned teeth, the presence of cysts or other pathology).
- You have a lot of questions or are anxious about the surgery or anesthesia and want to make sure you have thoroughly reviewed everything with the surgeon prior to your surgery.
- You have special financial needs or require assistance with insurance, payment plans, etc.

### **You might consider a separate follow up appointment if:**

- You can return in five to seven days for a routine check.
- You have the flexibility to bring your teenager back for suture removal and a quick check-up. (No need to accompany patients older than 18.)
- The surgery was long or difficult, so the oral surgeon recommends a follow-up to evaluate healing.

## **All-In-Three Visits**

Sometimes, it is best to have the consultation, surgery, and follow-up visits on different days. This is recommended for complicated wisdom teeth or when the surgery is combined with other procedures such as dental implants or biopsies. A second follow-up visit may be recommended as necessary.

# Preparing for Surgery

## If Having IV Sedation:

- **Clothing**- Wear loose, comfortable clothing with sleeves that can be easily rolled up If you are having 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 awhile after anesthesia, and driving yourself is unsafe.
- **Diet**- If intravenous anesthesia will be administered, do not eat or drink, including water, 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.
  - ✓ Take **600 mg of Ibuprofen 1 hour before** you're scheduled surgery. This pre-surgical dose will diminish post-operative pain
- **Medical Conditions:** Please alert the office prior to your surgery if you have any medical conditions that may be of concern (i.e. diabetes, high blood pressure, artificial heart valves and joints, rheumatic fever, etc.) or if you are on any medication (i.e. heart medications, aspirin, anticoagulant therapy, etc.)
  - **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 you normal dosage of medications.
  - **For Patients with a heart murmur** or prosthetic joints requiring antibiotic prophylaxis, prescribed antibiotics should be taken 1 hour before surgery.
  - **Anti-coagulants (blood thinners):** Per instructions and consultation with your physician, stop the anti-coagulant medications 3-5 days before surgery (The exact interval is based on type of medication)
- **Vitamin D Supplementation:** Patients undergoing significant bone grafting and dental implant treatments are recommended to take 5000 units daily, starting 2 weeks before surgery and continue for 3-6 months after surgery. This medication is available over the counter.
- **Other important notes:**
  - ✓ Do not wear contact lenses
  - ✓ Do not smoke for at least 48 hours before anesthesia
  - ✓ Do not wear eye makeup or lipstick
  - ✓ Remove nail polish (necessary for monitoring purpose)

**Prescriptions:** You will be given pain medications and antibiotics for use after your surgery. Get your prescriptions at your consultation and have them filled. We can provide the medications for convenience and save you a trip to the pharmacy. Either way, it's a good idea to have them ready at home. If you have existing pain or infection, you may be directed to start the antibiotics and pain medication as needed.

**Food:** Prepare some foods beforehand, like soups, shakes, ice cream, mashed potatoes, eggs, yogurt, and pasta, or rice. Drinks or shakes with high protein, carbohydrates, and vitamins will provide you with adequate nutrients for a smooth recovery. Have plenty of juice on hand and soda, which can help with nausea.

**Easy Access to Essential Things:** It's a good idea to place essential things you might need near your bed so you don't have to get up frequently following surgery. This is especially important if you live alone. Some items to keep close by include: medications, gauze, tissues, water, drinks, a phone, a good book, your laptop, TV remote control, and DVDs.

## On the Day of Surgery

Please arrive fifteen minutes before your scheduled surgery. Our coordinator will greet you, answer last minute questions, and complete any remaining forms and transactions. Our friendly and personable nurse will also greet you to help reduce your anxiety and escort you to the treatment room.

If you plan to have IV sedation, nitrous oxide gas is a great way to get comfortable right before the oral surgeon starts an IV. This is probably the most anxious part for most people, yet by far, the simplest and most painless.

Our assistants will place vital monitors on, including a blood pressure cuff, pulse oximeter (measures oxygenation level), and EKG pads. Oxygen will be administered through a nasal mask along with lots of smiles and tender care from the team. The anesthesia medications will be given through the IV line.

A minute or two later, you'll feel quite tired and sleepy. Once you are completely asleep and comfortable, the surgeon will administer local anesthesia to numb the extraction areas.

A rubber bite block will help to keep your mouth open while you sleep. It will also protect the TMJ by preventing excessive pressure during surgery. The surgeon will then perform the surgery as planned, with the assistants' help.

Sutures will be placed to close the surgery site to improve the healing process. It is standard practice to always have sutures on the lower wisdom teeth while they are optional on the upper teeth. The sutures may be either re-absorbable, which dissolve in five to seven days or require removal. Both types work well, and selection is based on the surgeon's preference. If you cannot return for suture removal, re-absorbable sutures should be used.

You shouldn't worry about waking up in the middle of surgery. Anesthesia medications will be given as needed to make sure you remain asleep and comfortable. At end of the surgery, you will awake to a tap on your shoulder, and a gentle voice saying: "Hi, can you open your eyes?"

The surgeon will reassure you that surgery is finished, and everything went well. Monitors and IV will be removed, and you will be escorted to the recovery room. A few minutes later, your loved ones can keep you company as you recover from the anesthesia.

## Immediately After Surgery

If IV sedation was administered, you will awaken shortly after surgery and be escorted to the recovery room. Your mouth will feel numb from the local anesthesia, which will help keep you comfortable and pain-free. To help reduce bleeding, you'll bite down on gauze, which will be replaced periodically by the assistant. Most people rest for 20 to 30 minutes before being ready to go home. During this time, you will become increasingly awake and alert and gradually able to stand up by yourself. Rarely, nausea or vomiting may occur. If it does, it often resolves spontaneously. You may be given some pain medication which will begin to work as the numbness wears off. This will help to keep you comfortable in the coming hours.

When you are ready to go home, the assistant will review detailed post-operative instructions with you and your escort, both verbally and in written form. You will be given a home-care kit that contains gauze, ice packs, written instructions, office contact information for questions or emergencies, and an appointment card for a follow-up visit. You will then be escorted to the car.

**[CLICK HERE FOR POST-OPERATIVE INSTRUCTIONS](#)**

## Follow-up Visit

The follow-up visit is usually a five-minute visit to evaluate healing, remove sutures if necessary, and give other recommendations for continued healing.

## 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 **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 Surgery**, 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 5,000 dentists every month. He is also the founder **Facialart Dental Forum**, an online educational site for dental professionals. Additionally, he is a regular contributor, author, and presenter for **DentalXP** and **Vumedi**.

Dr. Kazemi served as the team oral and maxillofacial surgeon and dentist for **D.C. United**, the major soccer league team in Washington, DC since 1996-2017, and provides care for the **US national soccer team** athletes as well as the members of Washington Spirit. He is a passionate triathlete having completed more than 150 races, including five Ironman competitions.

- Full time oral and maxillofacial surgery practice in Bethesda, MD
- Board-certified oral and maxillofacial surgeon
- Surgical training at the Washington Hospital Center
- Graduate of University of Pennsylvania, School of Dental Medicine
- Founder and director of **Facialart Dental Forum**
- Author: books, articles, and blogs
- Teacher, practice coach, and lecturer

### 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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