



**How can I benefit from dental anesthesia?** For many patients receiving dental care, the fear of drilling, pain, or separation from parents (for children) can be overwhelming. Dentists can use nitrous oxide or moderately sedating medications to ease their worries, so they can cooperate. In many cases, this just isn't enough. Also, extensive work requires patients to remain calm and still for impossibly long amounts of time. The anesthesiologist, therefore, comes to the dental office and provide a deeper level of sedation, eliminating all fears and ensuring that anxious patients can cooperate. This allows the dentist to complete the dental care safely and efficiently. Deep sedation in healthy patients is very safe when performed by an experienced anesthesiologist. We use state of the art monitoring to ensure the patient is asleep, comfortable, and safe during the whole procedure. It is also our goal to minimize the time the patient is asleep and the time it takes to fully awaken. Also, by avoiding expensive hospital facility fees, you may save thousands of dollars compared to what you would pay to have the same procedure at a hospital. The Oregon and Washington Dental Board tightly regulates who may provide dental anesthesia and enforces detailed, stringent standards stating what special anesthesia equipment and drugs must be present. We surpass these standards and use the most advanced, compact, hospital grade equipment and monitors.

**Who will administer my anesthesia?** Your anesthesiologist is a board-certified, medical doctor specialized in the field of Anesthesiology. He/she will personally perform all aspects of the anesthesia, and you will remain under our direct, constant supervision until discharged home. The skills and medical judgment we have refined over years of hospital work caring for critically ill children and adults during complex operations should give you confidence that you will be safe during the procedure. Our office will contact you 1-2 business days prior to your appointment date and you will be given the specific anesthesiologist who will be taking care of you. If you have questions or concerns prior to that, please feel free to contact our office directly.

**What should I expect?** We will contact you one or two days before the scheduled dental procedure to find out about any health issues you may have, review the eating and drinking instructions, and discuss the details of your personalized anesthesia plan. On the day of the procedure, we will meet and examine you and escort you to the procedure room. There we will start the anesthetic with a flavored mask to breathe or an IV start for adults. Alternatives to this can be discussed as needed. Family will then be asked to go to the waiting room once sedation has started. Updates can be given regularly or as often as family would like or is necessary. We will continue monitoring the patient, and reunite him/her with family as soon as it is medically safe, usually within minutes of the dental procedure being finished.

**Pre-anesthesia instructions** **Eating and drinking:** For safety, it is extremely important that any patient undergoing anesthesia have an empty stomach. Vomiting of food during the procedure may be life threatening. For this reason, on the day of the appointment, you must not have any food or milk for at least 8 hours prior to the procedure. If this is not followed, the sedation will have to be rescheduled. Eating colored gelatin or drinking water, sports drinks, apple juice, or other beverages that are transparent and pulp-free (no orange juice) up to 3 hours before the time of the appointment is

acceptable. For example, if the appointment is at 9:00 A.M., you may have clear liquids until 6:00 A.M., but not after that time. For children, an adult must supervise a child constantly on the day of the appointment to make sure the child does not eat. Do not leave your child unattended or send your child to school or day care.

**Illness:** If you develop a cough, nausea, or fever, please call the dental office or call us directly, so we may speak with you to assess the situation and determine if we can safely proceed.

**Medications:** If you take any prescribed medications, it is normally continued on the day of the appointment unless specified by our office. If it is an oral medication, take it with a small sip of water. If it is an inhaler, use it at the usual time. We usually like to directly you exactly about each medication so please bring that to our attention on the pre-op call if we do not mention it first.

**Clothing/Blanket:** We recommend loose fitting, easily removed clothes for the dental procedure. Please bring a change of clothing and a warm blanket.

**Adult Escort:** A responsible adult/guardian (if child) must accompany the patient to the office and remain there during the procedure. It is ideal to have a second adult to monitor the patient in the back seat. If that is not possible, a five-point harness seatbelt for kids and/or a locking shoulder belt is acceptable. Scheduling: Please be prepared to receive confirmation phone calls from the dentist and from our office 1-2 days prior to your appointment. Also, you must be available by phone the day of surgery to come in earlier or later if needed.

### **Financial Arrangements**

The estimated anesthesia fee is based upon the dentist's estimated procedure time plus 45 minutes. Depending on how much time the dentist actually takes to complete the procedure, the actual charge may be greater than or less than the estimate. Payment of the balance of the fee is due at the procedure's conclusion and may be made by credit card or cash. Cancellation <1 week prior to procedure date or eating/drinking except as stated above, will result in loss of your deposit of \$200.

The anesthesia fee is separate from the dentist's, and while not covered by many dental policies, it is typically covered for children under the age of 7 years and for other children and adults with medical problems or disabilities by non-HMO (and some HMO) medical insurance carriers. We bill the medical and dental insurances promptly and upon payment, send you the refund.

Please feel free to contact us for any questions or concerns. Our office can answer all questions via phone or email [tonya.nwmobileanesth@gmail.com](mailto:tonya.nwmobileanesth@gmail.com).

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