

WHAT YOU
NEED TO KNOW

Anesthesia for Adults

Ambulatory & Office Based Anesthesiologists

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A N E S T H E S I A

Welcome to Horizon Anesthesia

Your Dentist/Surgeon has asked us to be involved in your care by providing anesthesia for your upcoming procedure. We are pleased to be able to offer this service and wish to introduce ourselves and provide you with the kind of information that will ease your concerns and prepare you properly for your office based anesthetic. Horizon Anesthesia will come to your Dentist's/Surgeon's office to provide anesthesia service. There was a time when anesthesia was only administered in hospitals, but with today's ultra compact anesthesia and monitoring equipment we create a safe surgery center environment in the office setting. By having procedures performed in the office, patients can avoid the inconvenience and expense of a hospital visit.

Horizon Anesthesiologists have all graduated from accredited U.S. Medical Schools, completed a residency of at least three years in Anesthesiology, and have extensive experience in a wide range of surgical subspecialties. They are all Diplomates in the American Board of Anesthesiology (Board Certified) and many are Board Certified in other medical specialties such as Internal Medicine and Pediatrics.

Others have additional qualifications in specialties like Pediatric Anesthesiology, Cardiac Anesthesiology, Obstetric Anesthesiology and Critical Care Medicine.

Our physicians presently provide anesthesia services for one of the largest tertiary care hospitals in the Washington D.C., metro area. Our skills and medical judgment have been refined over the many years of our hospital work caring for critically ill patients during complex operations. We hope to earn your confidence, and make you feel secure and safe in our hands.

Your Safety is our Priority

At Horizon Anesthesia our main focus is to provide for your safety and comfort during and immediately after your procedure, while providing optimal surgical conditions for your Dentist or Surgeon. Your Horizon Anesthesiologist will personally perform all aspects of your anesthetic and you will remain under their direct care during your entire procedure and recovery. We strictly adhere to the standards of care developed by the American Society of Anesthesiologists. All patients are carefully monitored throughout their procedure with sophisticated medical equipment no different than those found in a hospital. These devices allow us to accurately monitor your vital signs, breathing, blood oxygen level, lung carbon dioxide levels and the concentration of inhaled and exhaled anesthetic gases. These monitors have significantly increased the safety of anesthesia and surgery for all patients.

Types of Anesthesia

There are generally three types of anesthetics that we provide in the office setting. Based on your medical history, type of procedure, your preference and the preference of your Dentist/Surgeon, we will administer one of the following types of anesthetics:

- 1) Local with Monitored Anesthetic Care (LMAC/Local Anesthesia with light sedation) – The surgical/dental site will be numbed with local anesthetics. Sedation will be administered to keep you relaxed but awake. This type of anesthetic is generally used for shorter or minor procedures.
- 2) Intravenous Sedation (Moderate Sedation) – Sedatives and analgesics (pain medications) are given through an intravenous to make you sleepy. Many patients have no recall of the procedure. If necessary the surgical/dental site is injected with local anesthetics as well.
- 3) General Anesthesia/Deep Sedation/IV Anesthetic – Intravenous and or Inhalation anesthetics provide pain relief and complete loss of sensation and awareness. Because this type of anesthetic can impair your ability to breathe on your own a breathing tube may be placed. You will not wake up during the procedure, but you will awaken shortly after the procedure is done and shortly after the anesthetic medications are discontinued.

The following instructions are provided for your general information and to assure your safety before, during and after your anesthetic and procedure. Please read them carefully and adhere to them strictly.

Pre-Anesthesia Instructions

Eating and Drinking: The following pre-anesthetic eating and drinking instructions are extremely important! **FOLLOW THEM EXACTLY TO ASSURE YOUR SAFETY DURING YOUR ANESTHETIC AND RECOVERY PERIOD.** These are standard guidelines given to all patients undergoing surgery and anesthesia and are meant to prevent the very serious complications associated with vomiting during the induction and recovery of anesthesia.

ON THE DAY OF YOUR APPOINTMENT, YOU CANNOT HAVE ANY FOOD TO EAT OR LIQUIDS TO DRINK FOR AT LEAST 8 HOURS PRIOR TO YOUR SCHEDULED PROCEDURE. For example, if your procedure is scheduled for 8 a.m., the last food or drink you should have would be at 12:00 midnight. It is very important that you also not chew gum or consume candy in any form during the same time period. In addition, smokers should refrain from smoking for at least 16 hours prior to the procedure. If you find it absolutely necessary, for reasons that should be discussed with us prior to your procedure, you may drink no more than 8 oz. of water or a clear liquid such as apple juice, Gatorade, or Jell-O (without fruit) up to 4 hours before your procedure.

If you don't follow these guidelines, your procedure will most likely be cancelled.

Transportation: One cannot operate a motor vehicle after anesthesia. Please make arrangements prior to your arrival at the office for a responsible adult to drive you home upon discharge.

Changes in Health Status: If you have any changes in your health status prior to your scheduled procedure, for example, a cold, flu, sore throat, cough, nausea, vomiting or fever, please notify your dentist/physician office as soon as possible so we can contact you.

Medications: If you take a prescription medication, please continue it on the day of your procedure. If it is an oral medication, take it with a small sip of water. If it is an inhaler, continue 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 or coronary artery disease, we will discuss the exact medications you should take when we speak to you on the phone 1 or 2 days prior to your procedure during our pre-anesthetic interview.

Clothing: Wear comfortable, loose fitting clothing. Preferably a short sleeve shirt and flat shoes. Do not wear lotions, jewelry, or cosmetic hair products on the day of your procedure. Please try to empty your bladder immediately before your anesthetic. Anesthesia can sometimes relax bladder function in patients with a pre-existing “weak bladder”, so we strongly recommend the use of “Depends”-like urinary incontinence products for patients with “weak bladders” or for procedures that are expected to last longer than 4 hours.

Post-Anesthesia Instructions

Transportation after the Procedure: Please make arrangements prior to your arrival at the office for a responsible adult to accompany you home upon discharge. You will not be allowed to leave the office by bus or taxi after an anesthetic.

At Home: You should plan on having a responsible adult stay with you until the next day. Do not plan on driving or operating potentially dangerous equipment for twenty-four (24) hours after your procedure.

What to Expect after the Procedure: Muscle aches, and a sore throat may occur. It is also not uncommon to have mild dark bleeding or clots from one or both nostrils following dental procedures. This is nothing to be alarmed about, and will normally stop after 24 to 36 hours. Your mouth and tongue may be numb following dental procedures and you may have the sensation of having a lump in your throat. This is perfectly normal, and will disappear in a few hours.

When and What to Eat: Your first drink should be plain water, then fruit juice or Gatorade. Avoid carbonated soft drinks at first. Drink only small quantities of beverages during the first hour. After the first hour, you may eat small portions of food as tolerated (preferably soft, bland and not hot or spicy). Do not consume alcoholic beverages for 24 hours. No smoking for 24 hours.

Pain Medications and Nausea: Dispensing of post-operative pain medication is the responsibility of the Dentist/Surgeon. Pain medications, especially taken on an empty stomach, can often cause nausea. If you have persistent nausea and vomiting, difficulty breathing, a fever greater than 101.5 degrees within 4 hours of your procedure, tenderness and/or redness around the IV site, or if you have any other anesthesia related concerns within the first 24 hours, please call us at the numbers provided. For all other post-operative concerns, such as pain, wound swelling or bleeding, please contact your Dentist/Surgeon.

Questions

We will contact you one or two days before your scheduled procedure to obtain a health history and answer your questions. If you have urgent concerns, please contact us at 703-635-7385. We will return your call as soon as possible.

*Horizon Anesthesia brings
world-class anesthesia services
to patients in their doctor's
office or surgery center.*

*Like our hospital-based practice,
the total focus of our
highly qualified and experienced
Board-Certified anesthesiologists
is an uncompromising
commitment to your safety
and comfort.*



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