



Office-Based Dental Anesthesia Care



**Northwest Anesthesia Physicians, PC**

939 Harlow Road, #110 • Springfield, OR 97477  
phone 541-686-9551 • fax 541-687-6716

### Who Are We?

Northwest Anesthesia Physicians, PC is an established group of anesthesiologists serving multiple locations in Eugene and Springfield, Oregon, including Sacred Heart Medical Center at RiverBend. An anesthesiologist is a medical doctor who has completed 4 years of post-graduate residency training in anesthesiology. Some of our group members have completed additional fellowship training in specialty areas such as pediatric, obstetric, and cardiac anesthesia, as well as critical care medicine. We pride ourselves in providing anesthesia care at the highest standards, with our care tailored to individual needs to ensure patient safety and comfort.



### What is ComfortNAP Office-Based Dental Anesthesia service?

Your dentist has recommended that it is best for your child to receive dental treatment under general anesthesia. Common reasons for this include situational anxiety, fear, inability to cooperate, and the need for extensive dental treatment. General anesthesia allows for a safe and comfortable experience for your child to receive the entire treatment in one visit. We offer anesthesia services right in the dentist's office to maximize comfort and familiarity for your child and to create a more private and convenient experience for your family.

Your child's safety is our number one priority. We work as a team with your child's dentist to ensure safety from start to finish. We value your trust in us to provide anesthesia care for your child and we are committed to providing the best care suited to your child's specific needs.

The ComfortNAP dental anesthesia team consists of board-certified anesthesiologists and registered nurses who have specialty training and/or extensive experience in caring for children. An anesthesiologist will care for your child on a ONE-ON-ONE basis and will remain with your child throughout the entire dental treatment. Our friendly and compassionate nurses will update you on your child's progress throughout the process.



## What are the risks of anesthesia?

Anesthesia today is much safer than it has ever been. While all anesthesia has an element of risk, serious complications are extremely rare in healthy patients. In general, dental procedures carry very low anesthesia-related risks.

There are some common side effects associated with all anesthetics that can be anticipated but not always avoidable, just like one can expect to have some drowsiness from taking cold medicines. These side effects are generally short-lived; the most common ones are:

- Mild nosebleed (this happens because a small tube is inserted through a nostril into the windpipe to help safeguard your child's breathing during the dental treatment)
- Grumpiness upon awakening from anesthesia
- Sore throat
- Nausea and vomiting
- Drowsiness and dizziness
- Shivering

Serious and major risks, which occur rarely in healthy children, include severe allergic reactions, croupy cough, wheezing (similar to an asthma attack), vocal cord spasm or injury, and aspiration (regurgitation of stomach contents into the lungs). The most serious of all anesthetic risks are brain damage and death; fortunately these complications are exceedingly rare. In the United States, the risk of a healthy child dying or sustaining a severe or permanent injury from anesthesia is much less than the risk of injury and death from traveling in a car.

## The ComfortNAP dental anesthesia team has taken the following steps to reduce risks to your child to a minimum:

- Our team conducts a thorough review of your child's medical information before making a decision to proceed.
- We conduct a pre-anesthesia phone interview to verify all information with you and to help answer any questions and concerns you and your child may have.
- We use a full complement of the most current equipment and drugs, all delivered with full patient monitoring capability.
- We will call you 24-48 hours after your child's dental treatment to follow up on your child's recovery progress.



## What can you do to help reduce risks for your child?

- Please share all information about your child's health history.
- Please follow all instructions given by your dentist and our anesthesia team.
- Please strictly follow eating and drinking guidelines before your child's dental procedure.
- Please call us and your dentist as soon as possible with any changes in your child's health condition.

## What are the steps in scheduling an appointment?

- Sign a medical information release form for us to obtain medical records from your child's pediatrician.
- Complete a pre-anesthesia medical history form for your child.
- Be available for a phone interview with our team to verify all health information and to discuss any concerns or questions you may have.

## What will happen to your child during general anesthesia?

General anesthesia puts your child into a state of complete relaxation of mind and body. Your child will not feel pain or discomfort during the dental treatment and should not have any memory of the procedure.

- Your child will go to sleep painlessly by breathing anesthesia gas medicine through a soft mask (your child can choose a mask scent to his or her liking).
- Once your child is asleep, we place an intravenous catheter (IV) in the hand or the foot.
- A small breathing tube is placed (generally through the nose) into the windpipe to protect your child's lungs.
- The breathing tube is removed at the completion of all dental work. Your child will not have any memory of the breathing tube except under rare circumstances.

## How do we address your child's fear and anxiety?

It is entirely normal for your child to feel scared on the day of the procedure. We want your child to have as comfortable and as pleasant an experience as possible.

## Parental Presence

At the discretion of the anesthesiologist, we sometimes allow one family member to accompany your child to the treatment room until he/she is asleep. The process of falling asleep with general anesthesia is a brief but crucial time. Please understand that we make this decision on a case-by-case basis without any intention to exclude your participation.



## If you are invited to participate:

- **Be calm:** The calmer you are, the calmer your child will be.
- We recommend that you hold your child's hands, sing his/her favorite song, tell a story etc.
- Even with your presence, your child may still be upset because 1) your child may have general fear of the dental procedure 2) having a mask on his/her face is an unfamiliar experience. Please be assured that your child will not feel any pain during this process.
- Children typically go through a brief period of disorientation and excitement before falling asleep completely. Your child may have heavy and noisy breathing, as well as involuntary arm, leg, and eye movements. This is all part of the normal response to falling asleep with anesthesia.
- A dental assistant will escort you back to the waiting room once your child is asleep.



If you are asked to leave the room at any point, please do so quickly and quietly, This will allow us to give your child our undivided attention.

## Medication

If necessary, we also have oral medication (midazolam or Versed) available for your child to help with anxiety. While this medication is safe for your child, please note that it may prolong wake-up time from anesthesia. Occasionally, it may cause opposite (paradoxical) effects such as increased agitation.

## How will your child recover from anesthesia?

- Your child will recover in our post-anesthesia recovery area with ONE-ON-ONE nursing care.
- We will bring you back to see your child as soon as he/she has adequately awoken from anesthesia.
- We will remove the intravenous catheter once your child is able to drink.

In general, most children will only need to stay in recovery for a short period of time before they are ready to go home. However, every child recovers from anesthesia differently and your child's safety is our first priority. We will monitor and take care of your child in recovery for as long as your child needs, and until you are comfortable with taking your child home.



## What to expect after your child's dental treatment under general anesthesia?

The effects of general anesthesia can last for many hours. In addition, your dentist may inject numbing medication (local anesthesia) in areas of the mouth where your child has received restorative dental work.

### Your child may report the following:

- A sore throat for 1 to 2 days after general anesthesia.
- Numbness of mouth, nose, and throat can last for several hours.
- Sore gums and mouth for several days after the dental procedure.
- Dizziness and tiredness for several hours after general anesthesia (sometimes this can last till the next day).
- Feelings of nausea and possible vomiting (your child may vomit several times).



### Diet

- Encourage your child to drink plenty of **CLEAR** liquids for the first 24 hours after the procedure.
- Give your child only soft and easily digestible foods for the first few hours after undergoing anesthesia (this will lessen the chance of nausea and vomiting).
- Check with your dentist for additional instructions on diet.

### Pain control

Sensitive and sore gums can be expected after the dental procedure. We recommend alternating Tylenol™ and Motrin™ for the best pain control, especially after tooth extractions. Please call your dentist in the event of persistent gum bleeding, uncontrolled pain, and fever.

We will call you within 24-48 hours after your dental procedure to follow-up on your child's recovery progress.

Please do not hesitate to call us at 541-341-0670 for questions and concerns.

For all medical emergencies, please bring your child to the nearest emergency room for evaluation or call 911.



## Billing:

You will receive a separate billing from Northwest Anesthesia Physicians, PC. Our anesthesia service fees are not included in the bill from the dental office. We charge a one-time, fixed fee that includes all the steps involved in a standard anesthetic plan for your child's dental procedure. These include our pre-anesthesia evaluation, anesthesia care with standard monitoring as recommended by the ASA (American Society of Anesthesiologists) guidelines, any necessary drugs and supplies, post-anesthesia recovery care, and post-anesthesia follow-up phone interview.

With the exception of the Oregon Health Plan, we do not accept other types of insurance coverage at this time. For all other types of insurance policies, our office will bill you directly with a one-time, all-inclusive fixed fee. Payment for the anticipated anesthesia service must be paid no later than 5 days before the scheduled appointment. Payment may be made by cash, check, money order, VISA, MasterCard, or Discover cards. Failure to pay within the that time frame will result in cancellation of your child's appointment.

Should you need to discuss your billing or payment of your account, please contact our Business Office: Northwest Anesthesia Physicians, P.C. At 541-686-9551. Our Business Office is located at 939 Harlow Road, Suite 110 in the Springfield AAA Building at Gateway Street and Harlow Road. Our mailing address is:











P.O. Box 7247  
Springfield, OR 97475-0011

Our office hours are 8:30 am – 4:30 pm



## How to prepare your child for anesthesia?

It is VERY important that you follow the eating and drinking guidelines outlined below. This directly impacts your child's safety and outcome. Failure to follow these guidelines will result in delay or cancellation of your child's appointment.

Type	Stop	Examples
Clear Liquids 	 2 hrs	water, pedialyte, ginger ale, apple juice, and other clear juices <b>without pulp</b>
Breast Milk 	 4 hrs	
Milk 	 6 hrs	cow's milk, goat's milk
Light Meal 	 6 hrs	plain toast ( <b>NO butter or peanut butter</b> ), jam, low-fat yogurt, apple sauce, cereal, fruits
Heavy Meal 	 8 hrs	all other foods including meats, creamy foods, all fried foods, fatty foods, cheeses, ice cream



### Preparation Checklist

- Dress your child in loose, comfortable clothing with a loose short sleeve shirt as the first layer.
- Bring a change of clothing (top and bottom) for your child.
- Bring your child's favorite toy or blanket that provides comfort and security.
- Bring 2 large towels or blankets to keep your child warm during the dental treatment.
- Bring a bottle of water or other light, clear juice.
- Secure a form of transportation to and from the dental office (although not required, we highly recommend that you have a driver separate from the person caring for your child during the car ride).
- A responsible adult must be available to care for your child for the rest of the day after the procedure.