

Office Surgery and Anesthesia: A Growing Demand

It is common for patients to feel nervous, anxious and apprehensive about any dental, oral or surgical procedure. This brochure will address the most commonly asked questions and concerns regarding office-based anesthesia. Decisions concerning which type of anesthesia to be used will be determined by you in conjunction with your doctor during your consultation visit. The decision as to which type of anesthetic you will receive is generally determined by factors such as the type of procedure(s) to be performed, the need of surgical access required in order to perform the procedure adequately and safely, your current medical condition(s), reaction to medications, as well as your desire of what you would like to experience while undergoing surgery. By having you as a relaxed, well anesthetized patient, the surgeon will be able to perform the procedure(s) required in an environment which is more conducive for you to have a better overall experience, will be able to perform the procedure(s) in a safe and thorough manner, and generally be able to complete the procedure(s) in less time.



Surgery and anesthesia provided in an office setting is a safe alternative to hospitals and to ambulatory surgical centers. There are many reasons why more and more patients are choosing the office setting: access to care, efficiency, lower costs, as well as comfort with the surroundings and confidentiality. Today, oral and maxillofacial surgeons and many other surgical specialists like ophthalmologists, plastic surgeons and podiatrists provide surgical services in an office setting that used to be available only in hospitals and ambulatory surgical centers. This has enabled us to provide within our specialty complex services and procedures safely and comfortably. Such services include extractions of difficult teeth like wisdom teeth, repair of jaw fractures, corrective jaw surgery (orthognathic surgery), facial and oral reconstructive procedures after removal of pathological conditions like cysts and tumors, arthroscopic temporomandibular joint (TMJ) surgery, as well as facial cosmetic surgery to include liposuction, nasal surgery (rhinoplasty), facelifts and eyelid surgeries.

The oral and maxillofacial surgeon has had extensive, qualified training in the field of anesthesia¹ as part of their hospital-based residency training to deliver anesthetic services just like other professional

anesthesia providers such as anesthesiologists or certified registered nurse anesthetists (CRNA.) We are licensed by the state to delivery many anesthesia services, including general anesthesia. Whenever the situation is deemed necessary from a procedure and safety point of view, the option of having a board-certified anesthesiologist provide anesthesia services in our facility is also available. This option will be discussed at the time of your consultation.

Is Office Anesthesia Safe ?

Due to improvements in drugs, technology, anesthesia techniques, provider education, and state mandated regulations anesthesia care today is safer than it has ever been. The use of all types of anesthesia in dentistry and surgery has a commendable record. In fact, the Institute of Medicine reported in 2000 that anesthesia is nearly 50 times safer today than it was in the early 1980's.² The State of Florida has adopted very stringent laws, regulations and guidelines concerning office surgery and anesthesia practices as the demand and safety concerns have grown. The American Society of Anesthesiology (ASA) and the American Society of Oral and Maxillofacial Surgeons (AAOMS) have adopted standards of anesthesia and parameters of care for office-based anesthesia settings, regardless of who the professional anesthesia provider is.^{3,4} Our facility follows such standards of anesthesia care.



Our facility has been built just like an ambulatory surgical center with all the necessary physical requirements, codes and equipment needed to provide all types of anesthesia care. We are also licensed by the state to provide all levels of anesthesia including general, and we maintain all required licenses and follow the uniform professional standards regarding practitioner's qualifications and training. We continuously upgrade and maintain all equipment and regularly revise facility policies that ensure safety of the patient during operative and anesthesia procedures. In addition, our staff regularly participates in monthly emergency drills to ensure the ability to treat any problem, complication or emergency which might arise. Below is the list of the safe-office necessities our facility uses.

Safe-Office Necessities:

1. Well-defined patient selection guidelines because not everyone is a candidate for office-based surgery/anesthesia.

2. Compliance with all state and local laws, codes, regulations pertaining to fire prevention, building construction and occupancy, occupational safety and health, and disposal of medical and hazardous wastes.
3. Preoperative testing needed based on the patient's history and physical examination including required consultations.
4. Ability to treat problems and emergencies.
5. Adequate number of well-trained staff to support the anesthesia and surgery.
6. Complete and appropriate monitoring equipment with backup electrical source.
7. All equipment is routinely maintained, tested and inspected according to the manufacturer's specifications.
8. Sufficient and adequate space to accommodate all the necessary equipment and personnel.
9. Sterile environment including strictly enforced guidelines for hand washing and equipment use.
10. Clearly defined procedures for patient recovery and discharge.
11. Procedures for follow-up care.
12. Plans for transferring patient to a hospital if necessary.

The Anesthetic Experience

The ability to provide several kinds of anesthesia allows you to be comfortable during your surgery. These include:

❖ Local anesthesia:

This kind of anesthesia is commonly referred as "shots" which renders the area numb in which the surgeon will operate. This kind of anesthesia can be used alone or in combination with any of the other two types of anesthesia.

❖ Sedation and analgesia:

Sedation is the anesthetic state in which a patient might know what is happening but just does not care. You may know what is happening and remember the procedure, but will be more relaxed. With this kind of anesthesia the patient will also perceive less pain because many of the medications used can affect the sensation of pain. Some patients might refer to it as "twilight anesthesia." A sedation could be achieved by giving medications either by mouth, by inhaling gas like nitrous oxide "laughing gas", intravenously (IV) or a combination of any of the above.

❖ General anesthesia:

This is where you are totally put to sleep and you will not know what is happening. With this type of anesthetic you will not remember

anything from the procedure. In certain cases, a special type of airway device might be placed in order to assist you with breathing and to protect your airway. Most medications are generally given intravenously (IV) since the effects are seen quickly, we can precisely give you the correct amount of medications, and is the safest route of administration available.

Before Anesthesia:

Prior to your surgery you and the doctor will have an opportunity to discuss the choice of anesthesia which will be administered. During this visit vital information is obtained about your health and concerns regarding your anesthesia care. Being open and honest about your health and medical condition is key to the selection of the best type of anesthetic for you. Written instructions of what to do before surgery will be given to you. Be sure to follow instructions closely regarding your intake of medications, including vitamins, herbal and any supplements you might be taking, as well as food or liquids before anesthesia. Such substances can react negatively with anesthetic drugs. We generally ask the person who will be driving you back home to remain on the premise during your procedure.



After Anesthesia:

Following surgery, you will rest in the recovery room. Office procedures are usually same-day surgeries which means you will go home the day of your surgery. When you leave, you might still feel some effects from your anesthesia. So you will need to have someone drive you home, and preferably they should also stay with you at home for several hours after to help you with the postoperative care. Closely follow the directions for your home care. Some routine activities you may not be able to do for a period of time include driving, exercising, using complex equipment, and making important decisions or signing legal documents.



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2. Kohn LT., Corrigan JM., Donaldson MS., (Institute of Medicine). *To Err Is Human: Building a Safer Health System*. Washington, DC: National Academy Press, 2000.
3. [Guidelines For Office-Based Anesthesia](http://www.asahq.org/~media/for%20members/documents/standards%20guidelines%20stms/officebased%20anesthesia%20guidelines%20for.ashx). American Society of Anesthesiologists: October 2009. www.asahq.org/~media/for%20members/documents/standards%20guidelines%20stms/officebased%20anesthesia%20guidelines%20for.ashx.
4. [Anesthesia in Outpatient Facilities](http://www.aaoms.org/parcare/parameters_of_care_for_anesthesia.pdf). Parameters of Care for Anesthesia: Clinical Practice Guidelines for Oral and Maxillofacial Surgery (AAOMS ParCare 07) - Version 4.0. American Association of Oral and Maxillofacial Surgeons: October 2007; Pgs. ANE-1-20.

OFFICE-BASED ANESTHESIA



What You Should
Know to Prepare
for
Oral and
Maxillofacial
Surgery

