Welcome to Horizon Anesthesia

Horizon Anesthesia brings world-class anesthesia services to patients in their dentist’s/surgeon’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.

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 information to help ease your concerns and prepare you for your office-based anesthetic. Horizon Anesthesia will come to your dentist/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 have the ability to 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 United States 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 throughout 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.

What you need to know:
Anesthesia for Adults
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 helping provide optimal surgical conditions for your dentist or surgeon. Your anesthesiologist will perform your anesthesia and you will remain under his or her care during your procedure and recovery. We strictly adhere to The American Society of Anesthesiologists guidelines and standards of care.

All patients are monitored throughout their procedure with sophisticated medical equipment similar to those found in a hospital. With these devices we can 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 four types of anesthetics that we provide in the office setting. Based on your medical history, type of procedure and other factors, we will administer one of the following types of anesthetics:

1. **Minimal Sedation (Anxiolysis)** — Also referred to as Local anesthesia, this type of anesthetic is generally used for short or minor procedures. The surgical/dental site will be numbed with local anesthetics. Sedation will be administered to keep you relaxed, but awake.

2. **Moderate Sedation/Analgesia (Conscious Sedation)** — Sedatives and analgesics (pain medications) are given through an intravenous (IV) line 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. **Deep Sedation, General/Analgesia** — Sedatives and analgesics (pain medications) are given through an intravenous (IV) line to make you sleepy. Many patients have little or no memory of the procedure. During the procedure, breathing can slow down and you may sleep until the medication wears off. Supplemental oxygen is also given.

4. **General Anesthesia** — 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 the anesthetic medications are discontinued.

The following instructions are provided for your general information and to help ensure 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 ENSURE YOUR SAFETY DURING YOUR ANESTHETIC AND RECOVERY PERIOD.** These guidelines are given to all patients undergoing surgery and anesthesia, and are meant to prevent very serious complications associated with vomiting during the induction of and recovery from anesthesia.

**ON THE DAY OF YOUR APPOINTMENT, YOU CANNOT HAVE ANY FOOD TO EAT OR LIQUIDS TO DRINK FOR AT LEAST EIGHT 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 or Gatorade®, or eat Jell-O® (without fruit) up to four hours before your procedure.
If you don’t follow these guidelines, your procedure will most likely be canceled.

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 during our pre-anesthetic interview on the phone one or two days prior to your procedure.

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 “Depend®”-like urinary incontinence products for patients with weak bladders or for procedures that are expected to last longer than four hours.

Post-Anesthesia Instructions
Transportation after the Procedure: One cannot operate a motor vehicle after anesthesia. 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 food instead of hot or spicy food). Do not consume alcoholic beverages nor smoke 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 four 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. For all other post-operative concerns, such as pain, wound swelling or bleeding, please contact your dentist/surgeon.

Questions
We will contact you prior to your scheduled procedure to review your health history and answer your questions. If you have urgent concerns, please contact us at 703.560.7161. We will return your call as soon as possible.
Horizon Anesthesia is an affiliate of American Anesthesiology of Virginia