

# Sam Khoury, DDS MS

Diplomate-American Board of Periodontology

# Juan C. Cabrera, DMD MS

Diplomate-International Congress of Oral Implantology

## Sedation Options

### Explore the many sedation options offered by Drs. Khoury and Cabrera



#### Sleep Sedation

##### WHAT IS INTRAVENOUS SEDATION?

Intravenous sedation (also known as IV Sedation or Conscious IV Sedation) is a state of the art technique for the comprehensive control of pain and anxiety during dental and medical procedures. There are other methods used in dentistry such as oral (pill) sedation (see next page) but IV Sedation's superior results make it the method of choice for the anxious patient or the patient that simply wants to be unaware of any periodontal procedures. Because of the types of medications used and their instant delivery, IV Sedation allows Drs. Khoury and Cabrera to control their effects precisely, and also reverse any unwanted medication effects. Patients who receive IV sedation usually are in a state of relaxation but at the same time, are able to breathe on their own, and communicate any discomfort to Drs. Khoury and Cabrera. A period of amnesia will typically erase some or all memory of the procedure.

##### WHEN is IV SEDATION ADMINISTERED?

IV Conscious Sedation is administered by Dr. Khoury to facilitate the following procedures and circumstances:

- Nervous/anxious patients
- Dental Implant therapy
- Sinus Augmentation/ Grafting
- Desire to be unaware during surgery

##### WHO CAN ADMINISTER INTRAVENOUS SEDATION?

Intravenous Sedation is safe when administered by a qualified person such as Drs. Khoury and Cabrera. They are one of only a small number of dentists specially licensed by the Pennsylvania State Board of Dentistry to administer IV Sedation .

To perform these advanced sedative techniques, special training and clinical experience is required. In addition to training in sedation techniques, Drs. Khoury and Cabrera are also trained in Advanced Cardiac Support (ACLS) from the American Heart Association.

Approval to perform IV Sedation requires the office to be specially equipped with emergency equipment, monitors for sedation and emergency medications. This includes an ECG monitor to observe your heart rate and rhythm, as well as a monitor for breathing and oxygen saturation.



The staff also constantly trains to provide the highest level of sedation care.

##### HOW WILL I FEEL?

You will feel comfortable at all times. You will be in a relaxed state but will be responsive to verbal commands. Patients often comment that they were asleep throughout the procedure. You will also be given a local anesthetic for the work in your mouth after you are sedated.

Following your treatment, you will be groggy and unsteady and therefore **MUST** have a responsible ADULT (18+ years of age) escort you home and plan to stay with you for a few hours. Patients should not drive a vehicle, operate dangerous equipment or make any important decisions or sign any legal documents for at least 24 hours after receiving intravenous sedation.

## WHAT ARE MY DUTIES?

- Fill out the medical history form accurately
- Inform Drs. Khoury and Cabrera of all medications you are taking including all Over the Counter medications
- Inform Drs. Khoury and Cabrera of ALL Allergies
- Inform Drs. Khoury and Cabrera if you are pregnant or planning to get pregnant
- Read and follow all sedation instructions
- Inform our office if you develop a COLD within the past two weeks

## INSURANCE AND FINANCES

- The anesthesia fees are based on the total time that Drs. Khoury and Cabrera spend with you. Our fees represent a commitment to excellence and quality of service
- For those patients where anesthesia is not covered by insurance, we ask that payment of sedation services be received in our office prior to your appointment.



## Oral Sedation

Oral sedation medications (usually in the form of anti-anxiety pills also known as “happy pills”) fall in category of medications called benzodiazepines “Benzos”. They are prescribed for relieving anxiety in the hours immediately before a dental appointment. The anti-anxiety pill is taken 1-1.5 hours before the dental appointment.

People for whom benzodiazepines have worked well describe them as “working wonders”, as having a calming and relaxing effect, or as making you feel “out of it”. Benzodiazepines may make you forget large parts of what happened while you were under their influence, which can be handy if you don’t want to remember very much! This is why it’s important to have an escort before and after taking these medications. Patient’s under oral sedation are connected to the ECG monitor and are given Oxygen throughout the sedation and procedure.

Drs. Khoury & Cabrera use Triazolam (**Halcion**), which is a medication that can greatly minimize anxiety. In a relaxed state, you will still be able to communicate with the Doctor, Hygienist or a staff member while treatment is being performed. Triazolam (**Halcion**) is

safe, effective and wears off rapidly after the procedure, you should be aware of some of the precautions and considerations.

Again, oral Sedation will not be administered unless the patient has an escort after taking this medication. A special medical history form as well as an oral sedation consent form will be needed.

## Nitrous Sedation

Nitrous oxide, also known as “**Laughing Gas**”, is used for a calming effect. It is a colorless, almost odorless gas that is combined with oxygen and administered through a small mask that covers your nose. Nitrous Oxide inhalation sedation is highly effective in the management of mild to moderate levels of dental anxiety. It can help relax you, ease your fear and make you feel more comfortable during your dental treatment. Nitrous oxide also helps increase your tolerance for lengthy dental procedures. While it does not make any part of your mouth numb, it can decrease your perception of discomfort. Inhalation sedation also benefits people who have a sensitive gag reflex by eliminating or minimizing the reflex.

**Within just a few minutes, you will notice the effects:**

1. Mild tingling in your hands and feet
2. Warm sensations throughout your body
3. The feeling of drifting or floating
4. A “disconnection” from what is going on around you.

The more deeply you breathe through your nose, the more you will feel the effects of nitrous. We can also adjust the levels to make you more comfortable. Your normal reflexes will all be intact, and you will be able to communicate with us during your treatment. Nitrous oxide is not a replacement for a local anesthetic. When we turn the nitrous off, you will be receiving oxygen through your mask and the effects of the nitrous will quickly subside. You may drive after your dental appointment.

**Ear infections and Pregnancy are contraindications for the use of nitrous. Nitrous could cause fetus complications.**

There are no long-term effects unless you exposed to it frequently over an extended period of time.

