

## **PAINLESS INJECTIONS AND PROFOUND ANESTHESIA**

(Modified techniques suggested by Dr. Marty Zase)

### **INFILTRATION:**

Dry the mucosa.

Apply PFG paste with a cotton swab in the muco-buccal fold near the tooth you want to anesthetize; remove the swab and cover the paste with a cotton roll.

Wait 3 minutes.

Inject a very small amount of Citanest Plain (it is non-acidic).

Wait 3 minutes.

Slowly inject one carpule of Septocaine.

Wait 5 minutes.

Total time: 12-13 minutes.

### **MANDIBULAR BLOCK:**

Dry the mucosa.

Apply PFG paste with a cotton swab to the muco-buccal fold below the molar tooth/teeth you want to anesthetize (long buccal area) and cover the paste with a cotton roll.

Apply PFG paste with a cotton swab to the retromolar fossa; leave the swab in place and have the patient close on the applicator stick to keep it in position.

Wait 3 minutes.

Inject a very small amount of Citanest Plain (it is non-acidic) into the long buccal area.

Inject the rest of the carpule of Citanest Plain via the retromolar fossa while stepping slowly towards the mandibular foramen with the bulk of the anesthesia delivered after reaching the foramen area.

Wait 3 minutes.

Slowly inject a small amount of lidocaine 2% with 1:100,000 epinephrine via the retromolar fossa while stepping slowly towards the mandibular foramen. Make sure you aspirate. Almost all of the carpule of anesthesia should be delivered after reaching the foramen area.

Slowly inject one carpule of Septocaine into the long buccal area.

Wait at least 5 minutes.

Lip numbness symptoms are often not good enough because they are subjective by the patient, so also test for any feeling at all in the soft tissue below the canine.

Total time: 13-15 minutes.

### **TIME MANAGEMENT SUGGESTION:**

So since these are time consuming techniques, consider bringing the patient in 15 minutes prior to when you are planning to start work. In my office, the assistant places the topical paste and calls me in 3 minutes later for the first injection(s). Then I go back to what I was doing. Three minutes later I go back to the patient, give the final injections and leave to go back to what I was doing. And then 5 or more minutes later, I go back to the totally numb patient and am ready to start working on time.

### **MATERIALS:**

PFG Paste: Lidocaine 10%+Prilocaine 10%+Tetracaine 4%; Stevens Pharmacy, 800-352-3784, [stevensrx.com](http://stevensrx.com)

Citanest Plain: 4% prilocaine – no epinephrine

Septocaine: 4% articaine with 1:100,000 epinephrine

Lidocaine 2% with 1:100,000 epinephrine