

# After Hours Care



If you are experiencing a medical **EMERGENCY call 911**

or go immediately to **Goleta Valley Cottage Hospital**  
351 S. Patterson Ave.

**PHONE ADVICE 24 HRS. /DAY**

**MEDICAL & MENTAL HEALTH**  
24 Hour Nurseline (800) 539-1387

**COUNSELING**

UCSB Counseling Services (805) 893-4411  
UCSB Sexual Assault Services (805) 893-4613

The following businesses\* may be used as alternatives when Student Health is closed.

**URGENT CARE - listed by closest distance to UCSB**

**IV Neighborhood Clinic\* (805) 968-1511**

970 Embarcadero del Mar  
Isla Vista, CA 93117

Mon, Tue, Fri: 8:15 - 6:00pm  
Wed, Thur: 8:15 - 8:00pm  
Saturday: 8:30 - 12:00pm

**Jackson Medical Group (805) 979-4646**

220 Pacific Oaks Rd, Suite 2  
Goleta, CA 93117

Mon - Fri: 8:00 - 5:00pm  
Saturday: 9:00 - 2:00pm

**Goleta Neighborhood Clinic (844) 594-0343**

5580 Calle Real  
Goleta, CA 93111

Mon, Tue, Wed: 8:15am - 7:00pm  
Thur, Fri: 8:15 - 6:00pm  
Saturday: 8:30 - 12:00pm

**The MedCenter (805) 681-7411**

271 N. Fairview Ave., Suite 101  
Goleta, CA 93117

Mon - Sat: 8:00am - 8:00pm

**Sansum Urgent Care (805) 563-6110**

215 Pesetas Ln  
Santa Barbara, CA 93110

Mon - Fri: 8:00am - 7:00pm  
Saturday: 9:00am - 5:00pm  
Sunday: 9:00am - 3:00pm

**EYE & VISION**

**Eye & Vision Care (805) 692-6977**

5300 Hollister Ave.  
Santa Barbara, CA 93111

**DENTAL**

**Doran Dobranzsky, DDS (805) 967-5671**

5901 Encina Rd #C1  
Goleta, CA 93117

**Heath Montgomery, DDS (805) 845-3240**

14 W. Valerio St. Suite C  
Santa Barbara, CA 93101

**PHARMACIES -**

**listed by closest distance to UCSB**

**K-Mart (805) 968-1633**

6865 Hollister Ave. (at Storke Rd.)  
Goleta, CA 93117

**Costco (805) 685-4141**

7095 Marketplace Dr.  
Goleta, CA 93117

*No need to have a Costco Membership*

**Rite Aid (805) 964-9892**

199 N. Fairview Ave.  
Goleta, CA 93117

\* Referrals required for GHI Students

## How to use Gaucho Health Insurance (GHI) when Student Health is closed

1. Bring your GHI Aetna ID card and use Aetna network providers for the least cost. If you don't have one, go to the following site: [www.aetnastudenthealth.com](http://www.aetnastudenthealth.com)
2. Co-pays are \$50 for urgent care and \$200 for emergency department unless admitted to the hospital. Deductibles apply to ER visits.
3. Return to Student Health during regular hours for follow-up appointments.

**Referrals are needed for all non-emergency visits outside**

**Student Health if you are within 50 miles of UCSB!**

June, 2017

\* The University does not recommend, endorse, warrant or guarantee any specific provider of medical services, or any product or service that they may offer and will not be a party to any transaction between you and such providers. The names of these medical providers are for your information only. As with the purchase of any product or service it is your responsibility to use your best judgment in the selection of an appropriate medical provider.



Tel: (805) 893-5361  
Fax: (805) 893-3861  
<http://studenthealth.sa.ucsb.edu>  
email: [studenthealth@sa.ucsb.edu](mailto:studenthealth@sa.ucsb.edu)

# DENTAL CARE AFTER HOURS

## DENTAL EMERGENCIES

Oral injuries are often painful, and should be treated by a dentist as soon as possible. Dental Emergencies may include teeth that have been knocked out, forced out of position, or broken. Sometimes lips, gums or cheeks have cuts.

When a **tooth is knocked out** you should:

- Attempt to find the tooth
- Immediately call your dentist for an emergency appointment
- Gently rinse, but do not scrub the tooth to remove dirt or debris
- Place the clean tooth in your mouth between the cheek and gum
- Do not attempt to replace the tooth into the socket. This could cause further damage
- Get to the dentist as soon as possible. If it is within a half an hour of the injury, it may be possible to re-implant the tooth
- If it is not possible to store the tooth in the mouth of the injured person, wrap the tooth in a clean cloth or gauze and immerse in milk



If the **tooth is pushed out of place (inward or outward)**, it should be repositioned to its normal alignment with very light finger pressure. Do not force the tooth into the socket. Hold the tooth in place with a moist tissue or gauze. Again, it is vital that a dentist see the injured individual as quickly as possible.

How a **fractured tooth** is treated will depend on how badly it is broken:

**Minor fractures** can be smoothed by your dentist with a sandpaper disc or simply left alone. Another option is to restore the tooth with a composite restoration. In either case, you should treat the tooth with care for several days.

**Moderate fractures** include damage to the enamel, dentin and/or pulp. If the pulp is not permanently damaged, there are a variety of procedures your dentist can use to restore your tooth, including the placement of a full permanent crown. If pulpal damage has occurred, further dental treatment may be required.

**Severe fractures** may mean a traumatized tooth with a slim chance of recovery. However, there are dental procedures available to restore even severely damaged teeth. A dentist should be consulted as soon as possible to determine if treatment is possible.

**Injuries to the inside of the mouth** include tears, puncture wounds and lacerations to the cheek, lips or tongue. The wound should be cleaned right away and the injured person taken to the emergency room for the necessary suturing and wound repair. Bleeding from a tongue laceration can be reduced by pulling the tongue forward and using gauze to place pressure on the wound area.

## Off-Campus, Local Dentists

The UCSB Dental Care Center is the only on campus facility available that services all graduate and undergraduate students. Sometimes, getting an appointment in a short amount of time is difficult. For that reason, we have provided you with a list below of other local options.

**GOLETA NEIGHBORHOOD DENTAL CLINIC** is available for students and their families with sliding scale fees. They are open Mon - Fri from 7:45am - 5:00pm. Phone: (805) 617-7900 Address: **164 Kinman Ave., Goleta, CA 93117**

*The following businesses\* may be used as alternatives when the UCSB Dental Care Center is closed or not able to offer you a convenient appointment that fits your schedule.*

### DENTAL CARE AFTER HOURS

**Doran Dobranzsky, DDS (805) 967-5671**  
5901 Encina Rd #C1  
Goleta, CA 93117

**Silvia Erickson, DDS (805) 967-5017**  
5370 Hollister Ave. Suite G  
Santa Barbara, CA 93111

**Heath Montgomery, DDS**  
**(805) 845-3240**  
14 W. Valerio St. Suite C  
Santa Barbara, CA 93101

**Greg Lowry, DDS (805) 963-9899**  
1525 State St.  
Santa Barbara, CA 93101

### How to use your Aetna Dental Health Insurance

1. Bring your GHI Aetna Dental ID card and use network providers for the least cost. If you don't have one, go to the following site:  
[www.aetnastudenthealth.com](http://www.aetnastudenthealth.com)
2. Aetna Dental Line: (877) 238-6200
3. You have a yearly maximum dental benefit of \$1,200, in-network providers; \$700, out-of-network providers.

\* The University does not recommend, endorse, warrant or guarantee any specific provider of medical services, or any product or service that they may offer and will not be a party to any transaction between you and such providers. The names of these medical providers are for your information only. As with the purchase of any product or service it is your responsibility to use your best judgment in the selection of an appropriate medical provider.