**To the Chairperson of the Scientific Jury,**
Appointed by Order No. P-109-468/09.12.2024
of the Rector of the Medical University – Varna

# OPINION

**By:**

**Assoc. Prof. Dr. Georgi Papanchev, PhD**

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## Regarding:

The procedure for the defense of a dissertation for the award of the educational and scientific degree **"Doctor"**
in the field of **Higher Education – 7. Healthcare and Sports,**
Professional Field: **7.2. Dental Medicine**
Faculty of Dental Medicine, Medical University – Varna

**Author of the Dissertation:** Dr. Stole Zafiroski
**Doctoral Study Type:** Independent Study

**Title:**
**"Anesthesia in Oral and Maxillofacial Surgery"**

**Scientific Supervisors:**

- Prof. Dr. Tihomir Georgiev, DSc, Department of Oral Surgery, Faculty of Dental Medicine, Medical University – Varna
- Prof. Dr. Viliyan Platikanov, DSc

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## General Overview of the Procedure and the Doctoral Candidate

The submitted materials in both paper and electronic format comply with the Procedure for the Acquisition of the Educational and Scientific Degree "Doctor" in the field of Higher Education – 7. Healthcare and Sports, Professional Field 7.2. Dental Medicine, Specialty Oral Surgery at the Department of Oral Surgery, Faculty of Dental Medicine, Medical University – Varna, and include all necessary documents.

**Comments on the Documents:**

The dissertation consists of **134 standard pages**, including:

- **50 tables and 12 figures** for visualization.
- A literature review with **287 references,** all in Latin script.

The structure of the dissertation includes:

- **36 pages** of literature review
- **1 page** for the objectives and tasks
- **7 pages** covering materials and methods
- **56 pages** dedicated to results and discussion
- **1 page** of conclusions
- **1 page** summarizing contributions

The **abstract accurately reflects** the main results of the dissertation and meets the requirements for the award of the **Doctoral Degree.**

The doctoral candidate has provided **four publications**, in two of which he is the **first author.**

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## Biographical Data and Career Development

Dr. Stole Zafiroski was born on July 31, 1982, in Skopje, North Macedonia.

- 2012: Graduated from the Faculty of Dental Medicine, Varna
- 2013: Appointed as a full-time assistant at the Department of Oral Surgery, Faculty of Dental Medicine, Medical University – Varna
- 2018 – Present: Administrative assistant at the Department of Oral and Maxillofacial Surgery and the Department of General and Operative Surgery, Medical University – Varna
- 2018: Acquired a Specialty in Oral Surgery, Medical University – Varna
- 2023: Obtained a Master's Degree in Medicine, Medical University – Varna
- Conducts practical training in oral and maxillofacial surgery for 4th- and 5th-year students and doctoral trainees in both Bulgarian and English.

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## Assessment of the Doctoral Candidate's Contribution to the Dissertation

Pain is an unpleasant sensory and psychological experience associated with dental treatment. Local anesthesia is an effective and safe way to manage pain and is essential in dental medicine. It provides temporary sensory loss, allowing for dental procedures.

The gold standard in dental local anesthesia is lidocaine, due to its safety and effectiveness. Adrenaline is added to counteract vasodilation and prolong the anesthetic effect.

The choice of local anesthetics and techniques affects anesthesia efficacy. Dental professionals must have strong knowledge of local anesthetics, their indications, contraindications, and potential complications. While serious adverse effects are rare, clinicians must understand risk management and prevention strategies.

Given the increasing use of sedation and general anesthesia in oral surgery, especially for anxious and uncooperative patients, further research on ambulatory and inpatient anesthesia is necessary.

Dr. Zafiroski conducted a literature review, leading to the formulation of his research goal: "To determine the prevalence and characteristics of various local and general anesthesia methods in outpatient dental and maxillofacial surgery."

## Research Objectives and Tasks

To achieve this goal, the following tasks were set:

1. Investigate the application of local anesthesia in oral surgery.
2. Investigate the application of sedation and general anesthesia in oral surgery.
3. Investigate the application of local anesthesia in maxillofacial surgery.
4. Investigate the application of sedation and general anesthesia in maxillofacial surgery.

The results are supported by tables and diagrams, and the conclusions align with the findings.

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## Scientific Contributions

Dr. Zafiroski identifies two original contributions and five confirmatory contributions:

Original Contributions for Bulgaria:

1. First in Bulgaria: A comprehensive study of anesthesia types used in both ambulatory and inpatient settings.
2. Increased use of sedation and general anesthesia in modern oral surgery for anxious and uncooperative patients.

Confirmatory Contributions:

1. Terminal local anesthesia is predominantly used in the maxilla.
2. Weisbram's conduction anesthesia is the most commonly used technique for mandibular procedures.
3. Terminal local anesthesia is the standard for dental implant placement.
4. Articaine is the most commonly used local anesthetic in oral and maxillofacial surgery.
5. Sedation is primarily used for quick procedures in patients with cardiovascular conditions.

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## Conclusion

Dr. Stole Zafiroski's dissertation, **"Anesthesia in Oral and Maxillofacial Surgery,"** meets the **minimum requirements** of the **Law on the Development of the Academic Staff in the Republic of Bulgaria (ZRASRB)**, the **Regulations for the Implementation of ZRASRB**, and the **Regulations of the Medical University – Varna**.

Based on the **above assessment**, I vote with **"YES"** for awarding Dr. **Stole Zafiroski** the academic and scientific degree **"Doctor"**.

**Date:** February 18, 2025

Prepared by:
**Assoc. Prof. Dr. Georgi Papanchev, PhD**