

# After Hours Care

If you are experiencing a medical emergency

## CALL 911

Or go immediately to:

**Goleta Valley Cottage Hospital**  
351 S. Patterson Ave., CA 93117



**After Hours Nurseline**  
1 (877) 351-3457

**COUNSELING & SUPPORT**  
(24 Hours/Day)

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

### Urgent Care - The following businesses may be used as alternatives when Student Health is closed.

**Sansum Urgent Care** (805) 563-6110  
215 Pesetas Ln, Santa Barbara, CA 93111  
Mon – Fri: 8:00 am – 7:00 pm  
Saturday: 9:00 am – 5:00 pm  
Sunday: 9:00 am – 3:00 pm

**The MedCenter Urgent Care** (805) 681-7411  
271 N. Fairview Ave., Suite 101, Goleta, CA 93117  
Mon – Sat: 8:00 am – 8:00 pm  
Sunday: 10:00 am – 6:00 pm

**Cottage Urgent Care** (Hollister Village) (805) 324-9270  
7070 Hollister Ave, #103, Goleta, CA 93117  
Mon – Sun: 8:00 am – 8:00 pm | [Apts: cottagehealth.org](http://Apts:cottagehealth.org)

**Cottage CareNow** (telehealth)  
[www.cottagecarenow.org](http://www.cottagecarenow.org) (No Appointment Needed)

### In Network Clinics

**Goleta Neighborhood Clinic\*** (805) 617-7878  
5580 Calle Real, Goleta, CA 93111  
Mon, Tue, Wed: 8:15 am – 7:00 pm  
Thurs, Fri: 8:15 am – 6:00 pm  
Saturday: 8:30 am – 12:00 pm

**Jackson Medical Group\*** (805) 979-4646  
220 Pacific Oaks Rd, Suite 2, Goleta, CA 93117  
Mon – Fri: 8:00 am – 5:00 pm  
Saturday: 9:00 am – 2:00 pm

**IV Neighborhood Clinic\*** (805) 617-7878  
970 Embarcadero Del Mar, Isla Vista, CA 93117  
Mon, Tue, Fri: 8:15 am – 6:00 pm  
Wed, Thurs: 8:15 am – 8:00 pm  
Saturday: 8:30 am – 12:00 pm

**Eye & Vision Care** (805) 692-6977  
5300 Hollister Ave.  
Santa Barbara, CA 93111

**Dental – Doran Dobranzasky, DDS** (805) 967-5671  
5901 Encina Rd, Suite C1  
Goleta CA 93117 **temporarily unavailable**

### Pharmacies

**Costco** (805) 685-4141  
7095 Marketplace Dr.  
Goleta, CA 93117  
**Membership not required**

**CVS** (805) 967-5677  
5875 Calle Real  
Goleta, CA 93117

**CVS** (805) 562-1480  
7030 Hollister Ave. Bldg. E  
Goleta, CA 93117

**Rite Aid** (805) 964-9892  
199 N. Fairview Ave.  
Goleta, CA 93117

**Walgreens** (805) 967-3798  
5900 Calle Real  
Goleta, CA 93117

### Telemedicine

Visits for common problems available by phone or online.

**LiveHealth Online**  
[livehealthonline.com](http://livehealthonline.com)

### UC SHIP (Student Health Insurance Program)

#### Medical ID CARD

<https://mobilehealthconsumer.com/studenthealth>

**Dental ID CARD or Find a PPO Dentist**  
Register with Student ID number

[Deltadentalins.com/ucsb](http://Deltadentalins.com/ucsb)  
(800) 765-6003

### How to use your insurance

1. Bring your insurance card and use network providers for the least cost.
2. **Co-pays are \$25 for urgent care and \$200 for emergency department unless admitted to the hospital. Deductibles are waived for UC/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!**



◆ 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 any appropriate medical provider.

# 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 of other local options.

### Goleta Neighborhood Dental Clinic

(Available for students and their families with sliding scale fees.)

164 Kinman Ave., Goleta, CA 93117  
Mon - Fri. 7:45 am - 5:00 pm  
**(805) 617-7900**

- ◆ **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 Debranzsky DDS  
5901 Encinitas Blvd  
San Diego, CA 92121  
(619) 467-5671~~  
**temporarily unavailable**

**Goleta Dental Practice**  
5370 Hollister Ave., Suite A  
Santa Barbara, CA 93111  
**(805) 683-7777**

**Walter Michajlenko DDS,MD (Oral Surgeon)**  
2780 state street #9  
Santa Barbara, Ca 93105  
**(805) 687-5541**

### How to use your Delta Dental Insurance

1. Bring your **UCSHIP Delta Dental ID** card and use network providers for the least cost. If you don't have one, download instructions can be found at: <https://www.ucop.edu/ucship/benefits/my-dental-coverage.html>
2. **Delta Dental Customer Service (800) 765-6003**
3. You have a yearly maximum dental benefit of \$1,200, with in-network providers.
4. Out-of-net-work or premier providers yearly maximum dental benefit is only \$700.

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