



## PREPARING BEFORE YOUR CHILD'S ANESTHESIA APPOINTMENT

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- Within 2 weeks prior to your child's appointment, please notify our office of any changes in your child's health and/or medical conditions:
  - Fever, ear infection, nasal or chest congestion, cough, or recent head trauma could place your child at increased risk for complications. Please call for any of these reasons even if you are unsure.
  - If your child becomes ill prior to a sedation, contact our office to check if appointment needs to be postponed.
- We require 2 adults to be present for the appointment and that no other children attend. This ensures that your attention stays focused on your child. One adult will need to ride with the child in the back seat during the car ride home.
- Please dress your child in loose fitting, comfortable clothing. Preferably a separate shirt, pants/shorts. An extra set of clothes, diaper and/or pull-up is recommended in case they have a "potty accident" while under anesthesia.

### **Dietary restrictions on the day of the surgery**

It is required that your child obey the following dietary restrictions on the day of the surgery. If the eating restrictions are not followed, the appointment will need to be rescheduled for safety reasons.

#### **Nothing by mouth 2 hours before arrival!**

- **NO EATING 8 hours before appointment-** Stop all food, milk, dairy products, candy, meat, crackers, cheese, cereal, applesauce. We recommend a big dinner before midnight and plan on NOT eating anything the day of surgery.
- **The following CAN be given up to 2 hours before appointment if needed (Avoid blue color)**
  - Small sips of water, Gatorade, Pedialyte, or clear apple juice. Total less than 8 ounces.
  - Popsicle
  - Small cup of Jello
  - Medications- Routine medication may be given at the usual time with a sip of water. Please tell your doctor of any medications taken day of surgery. If absolutely necessary to take medicine with a small amount of food, like applesauce, please do so as early as possible and let the nurse/doctor know.

Thank you for following these instructions as it is pertinent in your child's safety.

**Again . . . Nothing by mouth 2 hours before arrival!**

## **During the Appointment**

You will enter the room with your child and review treatment, medical changes, and make sure all of your questions are answered. If possible, we will obtain any necessary radiographs without sedation. If sedation is needed for x-rays we will usually need your help to obtain them and we can guide you through this process. The route of sedation will be determined by the doctor the day of appointment. The medications may be administered by mouth, nasal spray, intravenously, or by an injection in the arm. We use many distraction techniques to make this as easy as possible. We also may apply nitrous oxide (laughing gas) with the supplemental oxygen given during the procedure via a breathing hood that gently fits over the nose. We will ensure that we use the proper medication at the appropriate dosage to ensure a safe and effective sedation appointment. Our goal is to use the least amount of sedative possible to complete the treatment.

**Due to the surgical nature of the procedure, parents are not allowed in the operative room during the dental treatment.**

Once we are about to start the procedure you will be escorted back to the waiting room and the procedure should take under an hour, usually around 30 minutes. Please stay in the building as sometimes we need to talk with you and will come find you in the waiting room. Your child's safety is our top priority! There will be several behavior management techniques used during the sedation appointment. Even though they are sedated we still calmly sing and talk to the patient during the procedure. We also have televisions above to help calm them during the procedure. A papoose blanket helps protect the patient from unwanted movements during the sedation. For most procedures, your child will be numb with local anesthetic and that lasts about 3 hours after the procedure. During the procedure we will have a team member stabilizing the patient's head and holding a mouth prop/isolite to help keep their head and mouth stabilized during the surgery. Your child's vital signs will be monitored throughout the procedure by the anesthesia provider, a nurse, and the dental surgeon. Once the procedure is done the dentist will come find you to discuss the completed treatment.

### **In Office Recovery**

Once the treatment is completed, your child will still be sedated and we will continue to monitor their vitals until they can be safely transferred to your care. Keep in mind, that each patient will recover at different rates. You should be prepared to remain at our office until the doctor/nurse has determined your child is safe to be taken home and placed into your care. Even when a child was peaceful during the procedure you should expect your child to be drowsy, crying, and/or fussy as they come out of anesthesia. Once your child is more alert we will bring you back to the room to be with your child and review care instructions.

### **Care after Sedation**

Once placed in your care your child must remain under adult supervision until fully recovered from the effects of sedation. Temporary side effects that can last up to 12 hours may include: Slurring of speech, difficulty holding head up, inability to walk, amnesia (patient may repeat themselves), heightened emotions, emotional "roller coaster", eye twitching, fatigue/tiredness, and nausea. Mild bleeding should be expected depending on what type of dental treatment your child receives. It is common for your child to be nauseous and possibly throw-up in the office or on the ride home. Plan for a full day of care at home and do not leave your child unassisted. A low-grade fever is normal after sedation. Tylenol and Motrin can help as well as clear fluids. If temperature is elevated to 102° or higher, please contact our office. We recommend a soft diet for the remainder of the day. Your child will most likely be numb. Avoid giving your child anything that requires chewing or is too hot. This will help prevent your child from biting their lips or cheeks. Monitor your child to ensure that they do not bite their cheek, lips, or tongue while they are numb. Do not place your child on furniture including a bed or couch where they can easily fall down from. Avoid any strenuous activities for the day. Continue to gently brush your child's teeth two to three times daily. Please call the office if you have any questions. If a serious reaction occurs or any breathing difficulties, immediately contact emergency services.