



## **BEFORE YOUR CHILD'S PROCEDURE**

Your child has been scheduled to receive dental treatment under deep sedation/general anesthesia. The medications that will be administered to your child will allow him/her to undergo their needed dental care in a safe and comfortable manner. The following anesthesia instructions for children must be followed. Failure to follow these instructions could put your child at unnecessary risk and result in cancellation of the appointment. Please do not change your child's daily routine prior to the appointment. Do not have them stay up late the night before the appointment or allow them to eat too late.

### **Eating and Drinking Instructions:**

- Regular meal may be eaten up to 8 hours prior to the appointment.
- Light meal (cereal with milk/piece of fruit/piece of toast) up to 6 hours prior to the appointment.
- Clear liquids (water, apple juice, Pedialyte, Gatorade, soda) may also be consumed up to 2 hours prior to the appointment.

**Failure to properly follow these guidelines can result in serious complications for the patient during anesthesia.**

### **Dressing for the Appointment:**

- Please dress your child in comfortable, loose fitting clothes such as pajamas. Please avoid excessive jewelry as it can interfere with the procedure. Bring an extra set of undergarments and clothes just in case they are needed.
- For children under 6 years old, we recommend the parent to consider placing the child in a diaper or having the child wear a pull-up in case they have an accident during the procedure.

### **Medications:**

- Take all regular medications as prescribed with a small sip of water. If any medications require being taken with food, please inform our office.
- If your child has asthma or other breathing problems, please inform our office to discuss our pre-treatment regimen as it applies to your child.
- If your child has diabetes and is insulin-dependent, please inform our office to discuss our pre-treatment regimen as it applies to your child. It is always recommended to make sure you ask about your child's medications if you are in any way unsure of what to do.

### **Sickness:**

It is important that you contact our office as soon as possible to report any changes in your child's general health—fever, cough, illness, etc.

### **Escort:**

Please arrange for two adults to be with your child at time of discharge. No other children should be brought to the appointment. At least one adult/parent must remain at the office during the procedure. We request that two adults are with the child, especially for the ride home. This allows one adult to drive the car and not be distracted while the other adult sits next to the child to observe them and make sure they are safe in the car.

Bring a pillow and blanket for the ride home.

## ON THE DAY OF YOUR CHILD'S PROCEDURE

Your child will be given a syrup with relaxation medication in the preoperative holding area. Once relaxed, the anesthesia provider will accompany your child to the treatment area. You will not be able to come in the room while your child is being sedated. This is solely for your child's safety.

Your child will be monitored with the same type of equipment and level of intensity that is used for general anesthesia in the hospital. An IV will be placed after your child is asleep. Pulse oximeter, blood pressure, EKG, and breathing monitors will be utilized.

## AFTER YOUR CHILD'S PROCEDURE

The usual time from completion of the procedure until discharge from the office is 30-45 minutes. It will typically take 3-4 hours for complete recovery from the anesthesia medications administered to your child.

During the recovery period at home the following is advised:

- The best place for the child to be is at home. This will allow them to recover comfortably and safely.
- Balance and Coordination: Children take time to regain their balance and coordination and will need help and assistance when attempting any movement initially. Someone should be there to facilitate and assist them when moving from one position to another (lying to sitting, sitting to standing) as well as help them if they are trying to walk. Child should not be left alone or unobserved until they are fully recovered.
- Your child should not drink anything until fully awake. If a child receives liquids before they are fully awake, they risk vomiting or aspiration. Start with small amounts and slowly increase. When clear fluids are able to be consumed without any problems, then slow progression to more solid food is allowed. This is also the time to administer medications (child's regular medications or the ones prescribed by dentist). If a narcotic medication was prescribed, we recommend that your child is able to eat something of substance without nausea or vomiting before taking the narcotic medication. Good choices following clear fluids include yogurt, milk, or soup. A slow progression to more solid food is permitted as long as your child is not showing any signs of nausea or vomiting.
- Though full recovery is expected within the day of the procedure, effects of these medications can continue for up to 24 hours.
- Elevated Temperature – may be noticed during recovery. Though this will resolve with time, it is ok to give a medication like Tylenol or Motrin once your child is tolerating fluids.
- Fast Heart Rate – this is the result of medication given during procedure and will go away with time. If it persists more than 2 hours, please call the office.

**Please contact our office if there are any issues or concerns after leaving the dental office. In the event that we cannot be reached, and your child is experiencing a serious problem (difficulty breathing, not responding to physical stimulus, not drinking or eating several hours after leaving the office), call 911. If there is any question or concern, please contact our office first to assist in the evaluation and assessment of your child.**

**Office telephone: 773-717-5595**