



General Anesthesia Parent Information Sheet

Parent/Guardian:

It was determined at today's dental visit that your child has dental needs which would be best managed under general anesthesia in an outpatient surgery center at a local hospital/surgery center.

If you are not given a surgery date at today's appointment our scheduling coordinator will call you within two weeks to get the date scheduled. Prior to your child's dental procedure our scheduling coordinator will contact your child's primary physician to schedule a history and physical. Your child's physician will mail or fax us a completed form from that appointment to ensure your child is cleared for the procedure. Your child's history and physical appointment will need to be scheduled within two weeks of the surgery date. If child becomes ill the week before or the week of surgery - surgery may need to be rescheduled. (Vomiting, diarrhea, fever, cough, etc.)

You will be expected to be at the hospital an hour or two before the scheduled surgery time. The hospital where your child is having his or her dental procedure will call you a few days before surgery to let you know what time to be there. Start time for your child's procedure may change, prepare to have the entire day free.

Your child will not be allowed anything to eat or drink after 12 midnight before the dental procedure. If your child is experiencing any unmanageable dental pain prior to the surgery, or if you have any questions please contact our office at 715-861-7901.

Thank you,

Rena Christman, DMD, MPH

River Valley Pediatric Dental Specialists

Pediatric Dentist

GENERAL SEDATION INFORMATION FOR PARENTS

- Once your child has been taken to the operating room, a small mask will be placed over your child's nose and mouth. The medicine that is directed into the mask – nitrous oxide – will help your child relax and will make your child sleep.
- Once your child is asleep, intravenous (IV) sedation will be started so that medication can be given to keep him or her sleeping throughout the procedure. The anesthesiologist will also use nasal intubation to monitor breathing of your child.
- During the procedure, your child's heart rate, blood pressure, and other vital functions will be closely monitored.
- You will not be allowed to accompany your child to the surgery area.

How to Comfort Your Child Before Induction

As a parent, watching your child undergo anesthesia may be an uncomfortable experience for you.

Children can sense a parent's concern – so for your presence to be helpful to your child, you must try to be as calm and encouraging as possible. There are ways you can help your child, even if you feel uncomfortable.

- You can bring along a "comfort" item – such as a favorite toy, stuffed animal or "blankie" – for your child to hold during the induction.
- You can touch your child to remind your child that you are there. Holding your child's hand or caressing his or her hair and face will remind your child of your presence.
- You can whisper, talk, or sing to your child. The sound of your voice can provide reassurance.

Important Thing to Remember

The operating room can be a scary place for a child. Do not feel bad if your child gets upset and cries. This can be a normal reaction in a small child.

Following General Anesthesia

Once the procedures have been completed, your child will be taken to the recovery room where nurses will carefully check his or her vital signs. The effects of general anesthesia can last for hours.

- Your child's nose, mouth, and throat may remain numb for 30 to 45 minutes after the procedure.
- Nose bleeds may occur, this is normal.
- Your child's nose/throat may remain slightly sore for 1 to 2 days after general anesthesia.
- Your child's gums and mouth may be sore for several days afterward, depending on the dental procedure.
- Your child may feel dizzy or feel like vomiting.
- Give your child liquids (juice, gatorade, pedialyte, water, popsicles) progressing to soft foods (applesauce, jell-o) after undergoing anesthesia.
- Upon awakening your child may be tearful, sad, goofy, combative, sleepy.

At-Home Care and Follow-Up Visits

Your child is not to return to school or day care that day, and you may need to see how he or she feels the next day. Sometimes the effects from general anesthesia – usually tiredness – can last into the next day. Your child will need to remain at home where an adult can monitor him or her.

Upon returning home, your child may only have minimal activity for the remainder of the day.

- A follow-up visit will be scheduled with our office 2 weeks after the procedure.
- It is very important to keep this appointment, as the Dentist will need to examine for proper healing.

GENERAL SEDATION INFORMATION FOR PARENTS

Quick Facts

- The dentist will recommend general anesthesia to perform dental treatments only if it is needed.
- Prior to the sedation appointment, our office will assist you with setting up a “pre-op” appointment with your regular pediatrician or family practice MD. (This appointment is **mandatory** to be seen for the sedation appointment.)
- Your child will sleep through the sedation procedure and possibly have no memory of it.
- Dental radiographs will be obtained during the procedure, your child’s treatment plan is subject to change at the Dentist’s discretion if the intra-operative radiographs reveal additional diagnostic information. (A tentative treatment plan will be put in place for you to review and for preauthorization of dental insurance.)
- If the treatment plan changes, Dr. Rena will call you from the surgical area.
- When anesthesia is needed, there are special rules for eating and drinking at home before the procedure.
- Your child will have some restrictions after the procedure.
- You should plan to stay at the hospital for **most of the day** until the anesthesia has completely worn off and it is safe for your child to go home.

General Anesthesia

To keep your child safe and comfortable during a dental procedure, the anesthesiologist may give a pre-sedative drink to your child. General anesthesia also may be used if your child needs extensive or complicated procedures that will take a long time to complete, or needs several procedures done all at the same time. An anesthesiologist – a doctor who specializes in anesthesia – will give your child the medications that will make him or her sleep soundly during the procedure.

General anesthesia makes your child’s whole body go to sleep. This process includes IV and a nasal intubation. It is needed for certain dental procedures and treatments so that his or her reflexes will be completely relaxed. Your child will feel no pain during the procedure, nor have any memory of it.

Home Preparation

When general anesthesia is needed, there are important rules for eating and drinking that must be followed in the hours before the procedure. Following are the usual instructions for eating and drinking:

For all children:

- After midnight the night before the procedure, do not give any solid food or liquids. That includes milk, formula, juices with pulp, coffee, and chewing gum or candy.
- If your child takes daily medication, you may give it unless specifically told not to do so by your child’s doctor or the scheduling nurse.

Going to Sleep

- Once your child has been registered at the hospital for the procedure Dr. Rena will meet with you to review your child’s case and treatment plan, and a member of the anesthesia staff will meet with you to take your child’s vital signs, weight and medical history. As the parent or legal guardian, you will be asked to sign a consent form before the anesthesia is given.
- If your child is anxious, the doctor may give a special medication to help him or her relax. This medication is flavored and takes effect in about 10 to 15 minutes.
- Parents/Guardians are not allowed in the operating room.

GENERAL SEDATION INFORMATION FOR PARENTS

- Oral hygiene at home is very important in the oral healing process. Resume normal oral hygiene care at home. Parents should assist the child with the following:
 - Brushing 2x/day, overlapping toothbrush bristles onto gumline.
 - Floss between the teeth 1x/day.
 - Better brushing and flossing= less bacteria=better and quicker healing
 - Must see Dentist regularly for 3month/6month visits.

When to Call the Dentist

If your child's gums are sensitive, Tylenol® or Motrin® will help with any discomfort. If your child experiences the following for more than 24 hours following dental surgery done with anesthesia in the operating room, you should call the dentist:

- fever
- severe bleeding of the gums
- severe pain
- severe vomiting or dizziness

If your child has any of these symptoms, call the Dental Clinic at 715-861-7901 immediately.

Sickness Prior to Surgery

If your child has any health issues that you feel the dentist and anesthesiologist need to know about (cold, flue, fever, vomiting, or anything out of child's ordinary health) please call the St. Joseph's Hospital before the procedure to ask to speak with a nurse.

- St. Joseph's Hospital OR - Nurse on call (715) 723-1811
- Dental Clinic- (715) 861-7901

Patient will likely need a COVID19 test prior to surgery.