

# Happy Molar<sup>®</sup> Dental Center

## PRE-Anesthesia Instructions for Children

### Eating and Drinking:

It is extremely important that your child have an empty stomach at the time we administer anesthesia. Vomiting of food during anesthesia may be dangerous. For this reason, on the day of the procedure, your child must not have any food, milk, or other solids for at least 6 hours prior to the procedure and no clear liquids for at least 3 hours prior to the procedure.

If your child eats, the sedation will need to be rescheduled. For example, if the appointment is at 9:00 a.m., your child may have only clear liquids until 6:00 a.m., but not after that time. You must supervise the child constantly on the day of the appointment to make sure that your child does not eat. Do not leave your child unattended or send your child to school or day care.

### Illness:

Minor illnesses such as sniffles and colds may cause problems during some types of surgery and anesthesia. If your child develops a cough, nausea, or fever, please call the dental office and discuss this with us to determine if we can safely proceed.

### Medications:

If your child takes any prescribed medication, continue it on the day of the appointment unless you were instructed otherwise by Dr. Zahedi or the physician. If it is an oral medication, let your child take it with a small sip of water. If it is an inhaler, have your child use it at the usual time.

### Clothing:

We recommend loose fitting, easily removed clothes for the dental procedure. The shirt layer closest to the skin should be short sleeved. Please bring a change of clothing and a warm blanket. If appropriate, have your child wear a diaper and bring an extra one.

### Adult Escort:

A responsible adult must accompany the child to the office and remain there during the procedure. Public transportation is not recommended.

If you have any questions, please do not hesitate to ask them. It is very important that you understand the circumstances surrounding this treatment.

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## Post-Anesthesia Instructions for Children

Children awaken from anesthesia at different rates and in different moods: happy, sad, mad. Recovery from anesthesia varies depending on the type and duration of the procedure, the anesthetic used, and your child's individual health. Minor effects after anesthesia such as drowsiness, dry throat, shivering, occasional headaches, and dizziness are common. Nausea may be present but vomiting is less common. Once treatment is completed, family members are then asked to remain with the patient in the recovery area for a minimum of 45 - 60 minutes before leaving the office. Ask your anesthesiologist or surgeon if you have any concerns about the recovery.

### Supervision and Activity Restrictions:

Anesthetic medication may cause drowsiness and impaired coordination. Therefore, a responsible adult must directly supervise your child for the balance of the day and during the night.

Until recovery is complete, allow your child to rest and observe them closely. Look for normal breathing.

Do not allow swimming, biking, skating, or playing with other children for at least until the next day.

### Transportation:

Private automobile is preferred. Public transportation is not recommended.

### Eating:

Limit oral intake to liquids for the first hour. Begin with water and follow with clear juice. If teeth were extracted, if possible do not use a straw. Soft food may be consumed following the liquids. If your child is not hungry, do not force him or her to eat, but encourage as much liquid as tolerated.

### Medications:

Resume normal Medication as directed by the responsible physician after the appointment unless instructed otherwise by Dr. Zahedi.

### Problems:

If you experience any acute pain, heavy bleeding from the surgical site, respiratory problems, or any other post-operative problems, please notify office immediately at 604-432-9231. You may also reach Dr. Zahedi (anesthesiologist) pager at \_\_\_\_\_.

If you believe this might be there is a life-threatening emergency, call 9-1-1 right away.