

PRE-ANESTHESIA INSTRUCTIONS - CHILDRENEating and Drinking

It is EXTREMELY important to follow eating and drinking instructions EXACTLY AS STATED to ensure the safety of your child under anesthesia. Failure to follow these instructions can result in death. Please keep children home from school on the day of the appointment and under the watchful eye of a responsible adult. These are standard instructions given to minimize the risk of aspirating vomit while your child is sedated or under general anesthesia:

Under 5 years old

No food or milk prior to the appointment.
No food or liquids (including water) within 12 hours of the appointment.

Age 5 and over

No food or milk prior to the appointment.
No food or liquids (including water) within 12 hours of the appointment.

Changes in Health

If your child has a change in their health, examples are a cold or runny nose, the flu, fever, sore throat, cough, or vomiting please notify the dental office. Due to reactive airway issues, it may be unsafe for your child to receive sedation or general anesthesia within 2 weeks of having a respiratory infection.

Clothing

Please dress your child in loose clothing that is ease to remove as anesthesia monitors will be placed. The inner layer should be a short sleeved shirt. Some children urinate as they are waking up. Please bring a pull up diaper if your child is 4 or under or a change of clothes.

Parent or Guardian

The child's parent or guardian must accompany the child to the appointment and remain in the dental office during the entire appointment. Please bring only the child to be treated to the appointment. Please make arrangements for other children to be cared for elsewhere so that full and appropriate attention can be given to the child at the beginning and recovery of anesthesia, and while at home after the procedure for the rest of the day.

Transportation

The child and parent or guardian will not be allowed to depart the office by public bus, so please arrange for private transportation if necessary prior to the appointment. Children need to have a car seat as required by state law.

A Word about Scheduling

Thank you in advance for your patience and cooperation. Due to the complexity of providing comprehensive dental treatment under general anesthesia, appointment times are not exact. Some appointments may be longer than estimated while others may be shorter than estimated. Please be on time to the appointment and provide the dental office with a contact phone number as you may be called in earlier than planned or the appointment may be delayed for a short period of time. Please do not bring food into the waiting area as there may be other children who cannot eat or drink present.

POST-ANESTHESIA INSTRUCTIONS FOR CHILDRENEating and Drinking

The most common side affect of anesthesia/sedation is nausea and vomiting. Nausea maybe exacerbated if your child eats too soon. Please do not give your child anything to eat or drink on the way home. Car travel can make sedated children feel nauseous. Upon arriving home, your child may have small sips of water or clear liquids if desired. Avoid dairy and citrus juices for the remainder of the day. Please do not start solid food for at least 2 hours after departing the dental office. If your child does not feel hungry, do not force feed them as this will likely result in nausea and vomiting. It is not unusual for your child to vomit once or twice. Please notify the Dr. Karmy in the event of prolonged nausea and vomiting.

Physical Activity

Do not leave your child unattended for the first 6 hours after arriving home. Anesthesia medications may prevent the return of balance and coordination for several hours. Please monitor your child if they want to nap. If they do not want to sleep, please only allow quiet indoor activities like books or TV. Do not allow them to play outside.

Pain Control

Children who complain of oral discomfort several hours after the appointment may be given children's Tylenol. A dose may be given as soon as the child demonstrates they can tolerate clear liquids after the appointment. Please follow the directions on the bottle appropriate for your child. It is normal for gum tissues around extraction sites and new crowns to ooze blood for the first day, and appear red and sore for several days. Oral hygiene may be resumed the evening after the appointment. Please do not avoid brushing your child's teeth because they complain of soreness. The cleaner the teeth and gums are kept, the sooner they will heal and your child will be comfortable.

General Anesthesia for Children's Dental Treatment

Your Dentist has requested anesthesia services be provided for your child in the dental office to facilitate treatment in a practical and comfortable manner. The following information serves as an introduction to general anesthesia and a brief explanation of what to expect on the day of treatment.

Dr. Karmy is a dentist who has completed a 2 year general anesthesia residency program. He holds a General Anesthesia Permit as issued by the State Dental Board. He provides anesthesia services in the dental office for healthy and disabled children and adults. Dr. Karmy will provide a physical exam on your child to determine if it is appropriate to provide treatment in the dental office. He may require the child be evaluated by a physician prior to the appointment. Certain physical and health conditions pose increased risk and Dr. Karmy may recommend your child's treatment take place in a hospital operating room.

Dr. Karmy carries all emergency equipment including extra oxygen, breathing equipment, emergency drugs, and an automated external defibrillator, as required by state law. This equipment is the same as is utilized in a hospital operating room or surgery center. Dr. Karmy does not perform any dental treatment when he is providing anesthesia services just as the anesthesiologist does not perform surgery in a hospital while they are providing anesthesia. It is the anesthesiologist's role to maintain breathing and all other physiologic functions of the unconscious patient. Vital signs are continuously monitored while your child is under general anesthesia.

Anesthetic Technique

Dr. Karmy utilizes a variety of anesthetic techniques. The following is a short description of his most common procedures. In most instances, Dr. Karmy will provide an inhalational induction to general anesthesia. This is accomplished by having the child breathe a mixture of inhalational anesthetic and oxygen through a mask. The process is painless, and after several breaths children are comfortably under general anesthesia. Dr. Karmy will then start an IV on your child's hand, arm, or foot. Your child will have no memory or feel any discomfort from the IV. After IV access has been established and the anesthesia monitors have been placed, Dr. Karmy will place a breathing tube (endotracheal intubation) which will remain the duration of the dental treatment. The breathing tube will be carefully placed through one of the nasal passages and will enable the dentist to safely perform treatment in the oral cavity of the unconscious child. X-rays and a dental exam will be performed if necessary and dental treatment will be completed. Short procedures make take as little as 30 minutes; children with extensive needs may take over 2 hours to complete treatment. Once the dental procedures are finished, Dr. Karmy will start the emergence and recovery process. He will remove the breathing tube before your child is awake and monitor their breathing and vital signs as long as necessary. Wakeup times vary widely but children usually take between 20 and 40 minutes to slowly wake up and become responsive.

You will be reunited with your child as soon as they are becoming responsive. Please expect your child to cry or be upset as they may feel dizzy and disoriented for a period of time after waking up. Pain medication will be administered through the IV before it is removed. Additionally, some local anesthesia may be injected around extraction sites before the child wakes up. Dr. Karmy will determine when it is safe for you to take your child home. You will see tape marks from the anesthesia monitors on your child's head and body. The IV site may have bruising. Your child may be shivering. This is a normal response to anesthesia and will stop in time. Your child may complain of blurry vision and a dry mouth for several hours after waking up. Major complications from general anesthesia are extremely rare. The most common side effects after general anesthesia are nausea and vomiting, dizziness, disorientation, lack of coordination, fever, sore throat and headache. There are no long term side effects from the general anesthetic medications.

Please feel free to call the dental office with any questions or concerns you have after the dental treatment. Please carefully follow the post operative instructions given by staff and doctors.