



## **Anesthesia or Sedation for Your Child's Dental Work**

Young children with dental pain and/or infection require treatment at any age. Sometimes that means your child will need to go under General Anesthesia or Sedation. Of course, there are many reasons for this. Some dental procedures require your child to lie completely still, there may be a lot to fix, or the noise of the drill may be scary. The goal is always to provide the safest, more pain-free treatment.

### **Types of Sedation and Anesthesia Used in Our Office:**

**Nitrous Oxide:** This is a mild sedative and the least invasive. It's commonly known as "Laughing Gas". Children breathe this in with a little oxygen. They don't usually go to sleep, but most will get more relaxed. Most will get a little silly and lightheaded, but a few don't like the feeling. Patients using Nitrous should not eat 2 hours prior to their appointment.

**Oral Conscious Sedation:** Under this medication (or combination of medications) children are sleepier, but they are usually able to do what the dentist asks them to do. They breathe on their own and will usually wake up easily. Most children will not remember anything about the procedure. Patients using this type of sedation should not eat or drink 4 hours prior to their appointment.

**General Anesthesia:** Under General Anesthesia, your child will be completely asleep and pain free. Our Pediatric Anesthesiology team will administer medications and monitor your child while the dentist performs the dental procedures.



## General Anesthesia for Kids

Patients looking to put their children to sleep during their dental treatment often choose to go to Kid's First Dentistry. With our option to have General Anesthesia in-office, it is a good alternative for children rather than having to go into a hospital setting.

### **Why do General Anesthesia?**

Young children or toddlers are often very frightened of the dentist. The sounds they hear from the dental drill and the feeling of pressure that they feel, can make them go hysterical, even if they do not actually feel pain. Moreover, some children need to have a lot of dental work completed on multiple teeth. Thus, it is often best to put the child completely to sleep in order to finish all of the treatment in one, stress-free visit.

### **How do we put a child under General Anesthesia?**

To provide the safest and most comfortable way to treat young children with a lot of decay, we hire a Pediatric Anesthesiology Team to come to the office regularly. They will give the child some oral medication that helps make them drowsy. Afterwards, the anesthesiologist will start an IV and give the right dosage of medications to completely put the child to sleep. Once the child is sleeping, the anesthesiologist monitors the child's breathing and vital signs, while our dentist provides all necessary treatment.

### **What are the advantages to General Anesthesia?**

The greatest advantage of putting a child to sleep is that they will not be traumatized by their dental work. Some of the medications that are used actually help the child forget all about what happened during treatment. Also, once the child is asleep, all treatment, including x-rays, fillings, crowns, and cleanings can be done at once in a manner that is not as traumatic or scary.

### **What are the disadvantages of General Anesthesia?**

Although the risks are very low, particularly because we employ a Pediatric Anesthesiology Team, some parents are not comfortable having their little ones completely to sleep. The biggest disadvantage of General Anesthesia is however the cost. Most insurances do not cover the anesthesia, and the anesthesiologist visiting the office will charge a set amount, which is due to expensive medications and materials that are used. Fortunately, we try to help patients afford this option through various financing companies and payment plans.

### **Who is a good candidate for General Anesthesia?**

The younger the child, the more suitable of a candidate they are to be put to sleep through treatment. This will prevent them from being scared of the dentist, both during the present treatment and in the future. Some older children also have an inexplicable fear of the dentist. These children too would benefit greatly from being put to sleep. Also, children that need a lot of dental work, which may normally require multiple appointments, may benefit from dental anesthesia because the child can have everything done at once. Finally, some parents with special needs children would rather have their child put to sleep before having dental treatment done. Often, these children only get their dental treatment done in a hospital. However, since our office has an anesthesiologist team on staff, these children can be treated in the comfort of a private office.

**For further questions or concerns, please contact the office at (313) 386-0570**

### **Fast Facts About Anesthesia and Pediatric Dentistry**

- Your Child’s dentist will recommend General Anesthesia to perform dental treatments only if it is needed
- Your child will sleep through the procedure and have no memory of it.
- Your child will have some restrictions after the procedure
- You should plan to stay in the office/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, your child’s dentist might decide to use general anesthesia in the operating room. 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. A pediatric anesthesiologist 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. 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. One business day before your child’s procedure, you will receive a phone call from a scheduling nurse. calls are not made on weekends or holidays. Please have a pen and paper ready to write down these important instructions.

The nurse will give you a specific eating and drinking instructions for your child based on your child’s age. Following are the usual instructions for eating and drinking. No matter what age your child is, you should follow the specific instructions given to you on the phone by the nurse.

#### **For Infants under 12 months:**

- Up to 6 hours before the scheduled arrival time, fed babies may be given formula
- Up to 4 hours before the scheduled arrival time, breastfed babies may nurse.

#### **For all Children:**

- After midnight the night before the procedure, do not give solid food or non-clear liquids. That includes milk, formula, juices with pulp, coffee, and chewing gum.
- Up to 2 hours before the scheduled arrival time, give only clear liquids. Clear liquids include water and juices you can see through, such as apple or white grape juice
  - 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 for the procedure, 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.

- The anesthesiologist will meet with you and your child to review medical history decide which kind of sleep medication your child should receive.

## Anesthesia and Pediatric Dentistry Cont'd

- If your child is very scared or upset, the doctor may give a special medication to help him or her relax. This medication is flavored and takes effect in about 10-15 minutes.
- If you wish, you may stay with your child as the sleep medication is given.
- Once your child has been taken to the operating room, a small mask lined with Chapstick® will be placed over your child's nose and mouth. This will prevent your child's lips from becoming too dry while the mask is in place. The medicine that is directed into the mask (Nitrous Oxide) will relax and 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. IV sedation requires a needle to be inserted into your child's vein, usually in the arm or hand.
- During the procedure, your child's heart rate, blood pressure, and other vital functions will be closely monitored.

When your child has fallen asleep, you will be taken to the waiting room.

### **How to Comfort Your Child Before Induction**

As a parent, watching your child undergo anesthesia may be a very 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 blanket for your child to hold during the induction.
- You can touch your child to remind them 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 Things to Remember**

- Even with a parent present, the operating room can be a scary place for a child. Do not feel bad if your child gets upset, even with you there to help.
- The main purpose of your presence at the induction of anesthesia is to help your child; therefore, your child's safety is our primary concern. If you are asked to leave the room for any reason, you must do so quickly and quietly. The medical staff needs to focus their full attention on your child.
- If you feel uncomfortable and are unable to stay in the room during induction, please tell one of the medical staff. You will be guided to the waiting room.

## Anesthesia and Pediatric Dentistry Cont'd



### **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 vitals. The effects of general anesthesia can last for many hours.

- Your child's nose, mouth, and throat may remain numb for 30 to 45 minutes after the procedure.
- Your child's throat may be sore for several days after general anesthesia
- Your child's gums and mouth may be sore for several days depending on the dental procedure.
- Use caution when your child eats and drinks for about 30 to 45 minutes after the procedure.
- Your child may feel dizzy or feel like vomiting
- Give your child only soft foods for the first few hours after undergoing anesthesia.

### **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 (generally 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.
- Your dentist will tell you when you should schedule a follow-up visit to check healing progress.

## 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, 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, contact Dr. Grewal immediately at 1-650-892-4917

## Special Needs

If your child has any special needs or health issues that you feel the dentist and anesthesiologist should know about, please call the Mobile office at 248-662-5135 and speak with Max. If your child has developed a cold, stuffy nose, or other condition that makes it hard to breathe through the nose, you will need to call and have the procedure rescheduled. It is important to notify us in advance about any special needs your child might have.

Dr. Kim and Max will give specific pre and post op instructions for your child. Please follow these instructions and make sure you are keeping your child healthy to avoid having to postpone treatment.

