

# Barry Krall, DDS

## Anesthesia and Sedation for Dentistry

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*Dr Krall is committed to providing a safe IV sedation or general anesthetic for your procedure. Please read the following carefully. It is essential to follow these instructions for your safety. Please initial each paragraph and sign at the end of the document that you understand and have followed these guidelines. Dr Krall will call several days before the scheduled appointment to clarify the medical history and answer any questions.*

### Preoperative Instructions

#### Adult Escort:

A responsible adult must escort you home after you have met discharge criteria. Also, a responsible adult may need to stay with you throughout the remainder of the day.

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#### Clothing:

A loose fitting, short-sleeved shirt is appropriate for the appointment. If the weather is cold, please dress in layers to keep the extremities warm. Cold extremities result in small veins that make it difficult to start an intravenous line. Please bring a blanket that will be used to keep you warm during the procedure and recovery.

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#### Eating and drinking:

It is extremely important that patients undergoing IV sedation or general anesthesia have an empty stomach on the day of treatment. Vomiting and subsequent aspiration of stomach content during anesthesia may be life threatening. In most cases, violation of fasting guidelines necessitates rescheduling the dental surgery for another day.

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- Solids- no food up to **8 hours** before the appointment
- Liquids- clear liquids (no pulp) such as water, apple juice, and gatorade are allowed up to 2 hours before the appointment

#### Illness:

If you develop the flu with a cough or fever, please call the office. In most cases we will cancel the appointment and reschedule in 2-4 weeks.

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#### Medications:

If you take any prescribed medication, Dr Krall will discuss with you whether or not this medication should be continued. Most medications should be taken on the day of surgery. Oral medications should be taken with a couple of teaspoons of water. Nebulized or inhaled medications should be taken as directed on the day of surgery without concern.

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#### Pregnancy:

Animal studies have shown that general anesthetic medications and radiation (x-rays) exposure during procedures have resulted in brain cell death. Therefore, general anesthesia is to be avoided during pregnancy for elective procedures. Dr Krall requests that you inform him of the potential for pregnancy on the anesthesia medical history form. Dr Krall strongly recommends pregnancy testing before the appointment if there is a risk of pregnancy.

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### Day of Appointment

On the day of appointment, please arrive 15-30 minutes early. Dr Krall will review the medical history, confirm that fasting guidelines have been adhered to, and review the risks, benefits, and alternatives to general anesthesia. After answering all questions, completion of a pre-procedural physical exam (heart, lung, and airway assessment), standard monitors (EKG, Blood pressure, oxygen and respiratory monitor) will be placed, baseline vitals taken and supplemental oxygen given. An intravenous line will be placed, usually in the back of the hand or antecubital fossa (elbow area). Once the intravenous line is secured, medications will be titrated according to your response.

Your cardiovascular/pulmonary function and depth of anesthesia will be continually monitored closely throughout the procedure. Dr Krall will **never** leave the treatment room during the procedure. When the treatment is complete, you will remain in the treatment area for recovery. You will be able to go home when all post-op instructions are understood, your vital signs are stable and you are alert and oriented.

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### Financial

Anesthesia billing is calculated on the total anesthesia time. This includes induction of anesthesia, surgery time and recovery. It is difficult to estimate anesthesia cost because of the variability in surgical time and complexity; therefore, anesthesia payment will be calculated and collected at the end of the procedure.

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### Postoperative Instructions

#### Eating and Drinking

IV fluids will have been administered through the IV during the procedure. Therefore, fluid intake in the immediate (2-3 hours) postoperative period is not important, unless instructed by Dr Krall. Limit oral intake to liquids for the first few hours. Begin with water and follow with sweet liquids such as sports drinks, clear juice, and soda as tolerated. Food can be consumed once liquids are tolerated. Suggestions include scrambled eggs, applesauce, yogurt, mashed potatoes, and soups. If you are not hungry, do not eat, but try to drink liquid as tolerated. Absolutely **no alcoholic beverages** and/or **smoking** for 24 hours following anesthesia.

#### Activities

Do not drive and/or engage in moderate to high level physical activity for 24 hours or until the effects of the anesthetic have completely subsided. Judgment may also be impaired during this time, so please avoid making any major life decisions.

#### Pain or Fever

Muscle aches and a sore throat may occur similar to the flu following anesthesia. These symptoms are very common and will usually disappear within 24 to 36 hours. Dr Krall will advise you on a pain medication regimen to follow during the postoperative period.

#### Seek Advice

Nausea and vomiting are common following anesthesia. If these symptoms persist beyond 8 hours, or if you have other serious concerns following anesthesia, please contact: **Dr. Krall on his cell (909) 835-7940 Or home (909) 824-3464**. In the event of a serious medical emergency, please call **911**.

Signature \_\_\_\_\_ Date \_\_\_\_\_