

# Barry Krall, DDS

## Anesthesia and Sedation for Dentistry

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*Dr Krall is committed to providing a safe general anesthetic for your child. Please read the following carefully. It is essential to follow these instructions for the safety of your child. 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 accompany the patient to the office and remain there during the procedure and escort the patient home after the patient has met discharge criteria. Also, a responsible adult must stay with the child/teenager 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 the patient in layers to keep the extremities warm. Cold extremities result in small veins that make it difficult to start an intravenous line. Please bring an older blanket that will be used to keep your child/teenager warm during the procedure. If appropriate, have your child wear a diaper and bring an extra one. Please remove any cosmetic makeup on the day of surgery, including nail polish as this affects the reliability of certain monitors.

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#### Eating and drinking:

It is extremely important that patients undergoing 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 the case of a child, an adult must supervise the child constantly on the day of the appointment. In most cases, violation of fasting guidelines necessitates rescheduling the dental surgery for another day.

##### 6 years of age OR younger

- Solids- no food up to **6 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

##### Older than 6 years of age

- 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

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#### Illness:

If your child/teenager develops a cough, nausea, 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 your child/teenager takes 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:

Studies in the past have indicated that approximately 4% of females between the ages of 15 and 19 will become pregnant. 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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**Vaccinations:**

If your child has recently had a vaccinations such as MMR or DPT, Dr Krall may advise rescheduling the dental appointment under general anesthesia for a couple of days or weeks depending on the vaccination. The rationale for this is that the vaccine administered often causes adverse events such as pain, fever and irritability and may be confused as an anesthesia-related complication.

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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, taking preoperative vitals (including weight), and completing a physical exam (heart, lung, and airway assessment), induction of general anesthesia is initiated.

The induction of anesthesia in younger children is usually accomplished by an intramuscular injection (upper arm or calf) of medication that will result in the rapid onset of unconsciousness. Once the patient is asleep, the child will be taken to the treatment room where monitors will be applied and an intravenous line will be placed. Your child will not feel or remember the placement of the intravenous line. Older children and teenagers usually accept the placement of an intravenous catheter without undue anxiety.

Your child/teenager will be able to go home when all post-operative vitals such as room air oxygen levels and blood pressure have returned to near normal baseline values and the patient is able to follow commands.

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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**

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. If teeth were extracted, do not use a straw. Food can be consumed once liquids are tolerated. Suggestions include scrambled eggs, applesauce, yogurt, mashed potatoes, and soups. If your child/teenager is not hungry, do not force him/her to eat, but encourage as much liquid as tolerated.

**Activities**

Do not allow your child/teenager to swim, bike, skate or play until the following day. Observe them closely throughout the day and place a blanket on the floor for them to sleep and rest.

**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. Medications such as Tylenol and Advil are usually very effective and should be taken at the first sign of pain. For children, a fever of up to 101 degrees Fahrenheit may develop for the first 12 hours. Tylenol Elixir every 3 to 4 hours with plenty of liquids will tend to alleviate this condition as well as treat any post-operative discomfort.

**Seek Advice**

If vomiting occurs and persists beyond 8 hours, if temperature remains elevated beyond 24 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 \_\_\_\_\_