

Clinical Dentistry

Parents can do a great deal to reduce their child's fear by carefully preparing them for visiting the facility. Even though you may be concerned about the process, try to convey confidence in them and the people they will meet. Let them know that, you can come with them to the treatment room and that you will be taking them home after their teeth have been treated. **Do not tell them things that you know are fictional.** You may wish to bring a washable (small) toy or a book for your child to play with while they are waiting in admission room.

Please bring as few personal belongings as possible. Understand that you can accompany your child into the operating room, but in accordance with State laws and regulations you must leave before treatment can begin.

You must consult your child's primary care provider, prior to the date scheduled to obtain health history and physical evaluation. We will provide you with the clearance form which has to be completed and signed by your pediatrician. If your child has an underlying medical condition, you may additionally need to consult your specialist, but this will be discussed with you on the day of your initial consultation.

At the time of your arrival do not hesitate to inform the staff if you suspect that the child has had something to eat or drink. It is generally safer to postpone the appointment. If there are any questions or problems concerning your child's care or treatment, or you suspect that your child is sick with a cold please call our dental coordinator as soon as possible.

Our admission department requires the presence and the written permission from parent or legal guardian to perform any dental treatment under general anesthesia. If you are the legal guardian and not the biological parent of the child, you must provide written proof of guardianship to your dental coordinator prior the day of the procedure. You are usually able to accompany your child into the OR and meet them in the recovery room following the procedure for the remainder of your child's stay. Because most of these areas are restricted, if you have any other children, please make provisions for them to be cared for outside the clinic. They will not be allowed in these areas, and we cannot be responsible for them.

No medications of any kind, other than what your child may ordinarily take, should be given unless you are instructed to do so by the child's physician or dentist. It is extremely important that your child has nothing to eat or drink from the night before, or at least eight hours prior to your appointment, as directed by your doctor. All children are given a general anesthetic so that they are asleep when the procedure is being done, upon awakening, your child may have an uncomfortable mouth and sore throat, and may be a bit "hoarse". Do not be concerned, as this condition will pass in a short time.

Our team of pediatric dentists, anesthesiologists, and nurses are fully committed to making your visit as comfortable as possible. We are completely devoted to your child's safety and well being, so if there's anything else we can do for you, please let us know.

Before & After

On the day of your appointment

- We do request the presence of one of the parents or legal guardian at the facility at all times.
- Nothing to eat or drink after midnight. If your child has anything to eat or drink after midnight, their treatment **MUST** be rescheduled.
- A physical clearance from the primary care provider is required. Our staff will provide you with a form that your child's doctor must complete within one week time of your appointment.
- Please notify our office if your child is sick. Most of the time the procedure is postponed if your child is sick or running a fever.
- After the treatment is completed your child will recover in the post-operative recovery area until they are stable, alert, and is ready to be discharged.
- Once your return home your child will likely be tired. It is best to let the child rest at home with minimal activity until the next day.

Post Operative Instructions

The following information is provided to aid you and your child after he / she has had dental treatment under General Anesthesia.

Eating and drinking:

Do not give your child anything to eat or drink in the car on the way home due to nausea after anesthesia. As soon as you get home your child can have some clear liquids to drink. For the first hour give them only the clear liquids (i.e., popsicles, water, soup, apple juice, etc). The first meal can be offered one hour or so after you get home and should consist of soft foods only, requiring minimal chewing. If your child is not hungry for the first several hours, do not force him or her to eat but do encourage plenty of fluid intake. If your child continues to experience nausea or vomiting for more than 2 hours after the procedure, please call us at 1-800-858-1830

Physical Activity:

Please do not leave your child alone for the first 4 to 5 hours after you get home. He or she could easily fall if they try to walk on their own while recovering from the anesthetic medications. It is a good idea for your child to take it easy the first day, especially avoiding activities that require balance and coordination. For example, your child should not be bicycle riding, climbing trees, playing on the jungle gym, etc. If you have any concerns, feel free to contact us.

Pain Control:

If your child complains of any discomfort in their mouth when you are home, give them an appropriate dose of children's Tylenol or Motrin. These medications are usually adequate for pain control after dental treatment.

Dental Fillings - After the placement of dental fillings (white or silver), teeth may often be sensitive to hot, cold and pressure for a brief period of time. It is not uncommon for recently filled teeth to require several weeks to feel “normal” again.

Stainless Steel Crowns - Your child’s teeth have been covered with a stainless steel crown which has been shaped to fit the tooth, cover it completely and strengthen the tooth thereby allowing your child to maintain that tooth until it naturally falls out. The gum tissue surrounding the tooth may appear to be bleeding. This is normal! When preparing your child’s tooth for a crown, it is necessary to fit the crown closely to the gum tissue, resulting in some hemorrhaging and bruising of the tissue. Following placement of the crowns some parents will notice a purple or gray color around the gums; this is also normal and will subside over time.

Dental Extractions - After dental extractions your child will have gauze pressure packs placed to control normal bleeding from the site of the extraction. Most dental extractions are routine and it is unlikely that your child will need any pain medication or any antibiotics. Do not allow your child to suck from a straw or drink carbonated beverages for 48 hours – this may prolong bleeding due to disrupting the normal blood clotting process.

Swelling and Pain - Mild swelling and discomfort are normal occurrences following dental restorations in the operating room. The dental restoration procedure while under General Anesthesia requires that a safety throat pack be placed; this will lead to your child having a very sore tongue and throat. Taking Motrin and Tylenol as directed by the manufacturer’s instructions is recommended to control the pain. Never administer a medication to your child that they are allergic to.

Activity Limitations - Your child will probably be sleepy or acting slow due to receiving a sedative. Don’t be surprised if your child wants to take a nap for several hours, just make sure your child rests on his/her side or back and is closely monitored by an adult for the rest of the day. Activities should be limited to watching TV, playing quietly with toys inside and resting.

Diet and Other Limitations - Following the treatment, your child’s diet should initially consist of clear non-carbonated liquids (water, juice, Gatorade); clear soft foods (jello, popsicles, icy, etc...). Avoid eating crunchy or sticky foods and move to a more routine diet as your child directs. Your child may experience some nausea. If so, please allow only sips of clear liquids (Gatorade & Pedalite) prior to introducing softer foods. Please avoid heavy meals (like hamburgers or pizza).



It is important to not eat or drink from midnight the night before the scheduled appointment or at least 8 hours prior.