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PRE-ANESTHESIA PEDIATRIC INSTRUCTIONS

Eating and drinking

The following eating and drinking instructions are extremely important to follow exactly as written to insure the safety of your child under anesthesia. These are standard guidelines given to any patient having anesthesia and are meant to prevent the possibility of vomiting and aspirating vomit while sedated or groggy.

On the day of your appointment, your child should not have any food or milk within 6 hours of the procedure. He or she may have *water, Gatorade, apple juice, Jell-O, frozen fruit juice popsicles* **up to 2 hours before the time of the appointment. No liquids (including water) within 2 hours of the appointment.** Therefore, for example, if your appointment is at 10:00 a.m. the last food or milk your child can have would be at 4:00 in the morning (not very practical) but he or she can have clear liquids until 8:00 a.m. If your appointment is at 1:30 p.m., your child can have food and milk until 7:30 a.m. and clear liquids until 11:30 a.m.

If your child is **breast-feeding**, the last feeding can be **3 hours before** the appointment.

Change in health status

If your child has a change in health status before the appointment, for example, a cold, sore throat, cough, nausea or vomiting, or fever, please call your dentists' office as soon as possible so that we can contact you and determine if it is safe to proceed with the anesthetic or if we need to reschedule.

Medications

If your child takes any prescribed medication, please continue it on the day of the appointment. If it is an oral medication, let your child take it with a small sip of water. If it is an inhaler, have your child use it at their regular time. If your child is an insulin dependent diabetic, a pre procedure consultation with me will be arranged.

Clothing

We recommend loose fitting, and easy to put on clothes for your child on the day of the dental procedure. The shirt layer closest to the skin should be short sleeved. If your child has a favorite blanket, please bring it. Many children under the age of 6 years urinate in their pants as they are waking up from the sedation. So, please bring a 'pull-up' if your child is 4 years old or younger or a change of clothes.

Questions

We will contact you one or two days before the scheduled procedure to answer any questions. If you have urgent concerns or questions that cannot wait, please contact us on our pager numbers. We will call you back as soon as we are able.

POST-ANESTHESIA INSTRUCTIONS - PEDIATRIC

Eating and drinking

Do not give your child anything to eat or drink in the car on the way home. They have a higher risk of vomiting in the car 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 has nausea or vomiting for more than 2 hours after the procedure, please call us on at the numbers provided above.

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 effects of 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. Occasionally a child will develop a bright red color in their face a few hours after the anesthetic. This is not an allergic reaction and usually occurs if the child has been overly active after the anesthesia and a bit dehydrated. It is self limited and usually goes away in a few hours. If this occurs in your child and 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.