

General Anesthesia Pre-op Instructions

This is performed in an outpatient surgery setting or hospital. Medication is delivered via gas or intravenous routes, which render the patient asleep and comfortable during the procedure. A team consisting of an anesthesiologist and nurses are present during the entire procedure; monitoring vital signs and maintaining the well-being of the patient. These are basic general anesthesia pre-op instructions. The facility will call you to go over all the instructions in detail prior to your scheduled appointment which supersede these instructions.

- **NO FOOD OR DRINK AFTER MIDNIGHT INCLUDING WATER!!** We need your child to have an empty stomach for their treatment. This includes **NO WATER** the morning of the appointment. Also **do not brush your child's teeth or rinse their mouth with water the morning of the appointment.**
- **While the patient is under general anesthesia and treatment is being completed, no parent/guardian is allowed in the operating room.**
- Your child should wear comfortable clothing. No one piece outfits. Bring extra clothes.
- The child's parent or legal guardian must remain at the hospital or surgical site waiting room during the duration of the surgery.

Explanation of Dental Procedures

Sealant: It is a thin layer of plastic resin that is placed in areas where chewy foods often get stuck; especially on the tops of molars where the sealant helps prevent cavity formation.

Fillings (Composite (white)): Small and medium cavities can be fixed with a white (composites) filling. A white filling is generally a plastic resin that sticks (cured by a light) to the area where the cavity is cleaned out, it is a great material for front and back teeth.

Pulp-Cap: When cavities are cleaned and the filling is close to the nerve, a "Band-Aid" type of material is placed close to nerve to reduce hot/cold sensitivity and reduce the need for nerve treatment (pulpotomy/root canal)

Pulpotomy (back teeth)/Pulpectomy (front teeth): Often referred to as a "baby root canal." The procedure is often needed where the cavity is in the nerve (pulp), and in order restore the tooth, it is required to treat the nerve. It does not take as long as an adult root canal, typically the procedure takes 5-10 minutes.

Pediatric Crowns (Stainless Steel and Zirconia): When there is a large cavity often times a crown is needed to restore tooth function and esthetics. Most pediatric crowns are pre-formed, so they can be completed in one appointment, as often times, pediatric patients grow exhausted from multiple dental appointments. **Stainless steel** is often the material of choice for crowns on back teeth. The crowns are thin and are able to provide for a proper bite and restore chewing function. **Zirconia crowns** (all-white porcelain) are latest technological advance in pediatric crowns and are made for the front and back teeth. Zirconia and stainless steel crowns are generally the strongest crowns available.

Extractions: Needed when the tooth is causing pain or is abscessed (infection) and the tooth cannot be restored. Sometimes it is also needed to alleviate space issues.

Space Maintainer: A wire with bands that retains the space of the tooth that has been recently extracted in the back of the mouth. If the space is lost, crowding develops, leading to extensive and complicated orthodontics.