



Mobile Anesthesia for Dentistry

Pre-Op and Post-Op Instructions

ANAESTHESIA FOR ADULTS

It is common for patients to feel nervous or anxious about their dental procedures. Your dental anaesthetist has had advanced training to help with your anxiety by administering medications to make you feel more comfortable.

By having a more relaxed patient, your dentist may be able to complete more of your dentistry in one appointment. Anaesthesia/sedation is also an excellent option for people that have severe gag reflexes, require extensive dental work, and long or uncomfortable appointments.

This document addresses the most commonly asked questions regarding anesthesia. The decision of which type of sedation/anaesthesia will be made by you and your doctor.

What is sedation and anaesthesia?

During dental procedures local anaesthesia is administered to block sensations. However, the anxiety that some people have can be controlled by administering sedative drugs.

A combination of drugs can provide relaxation, amnesia, additional pain control, and even deep sleep. Depending on the patient and the procedure, an anaesthetic plan is prescribed that is tailored specifically to meet your needs.

How is the medication administered?

The sedative and anaesthetic medications are typically given intravenously (IV). Since the effects are so rapid by this means of administration, your doctor can precisely give the correct amounts of the medications to make you relaxed and comfortable. Also, if more medications are needed during the procedure, the IV allows easy administration of additional medications.

Patients who are anxious about receiving an IV may be given a sedative pill in the dental office, 4 minutes prior to the appointment. An anaesthetic patch (EMLA) can also be placed on the skin by the patient 1 hour before the appointment. This patch will numb the skin making IV placement more tolerable.

How am I monitored during the procedure?

All of your vital signs such as blood pressure, heart rate, respiratory rate, oxygen saturation and EKG are monitored closely during the entire procedure by your dental anesthesiologist.

The use of sedation and anaesthesia in dentistry has a commendable record of safety. This is due to the advanced training your doctor has and his commitment to your overall health. It is important to advise your doctor of all medications that you take as well as any changes in your health since your last visit.

Will I need to see or speak with the anaesthetist before my sedation appointment?

A review of your medical history will be conducted by telephone, followed by a brief physical exam on the day of the procedure. All of your anxieties and concerns are addressed at this time so that a specific anaesthetic plan is formulated to suit your needs.

Additional information may also be needed from your physician prior to your anaesthesia appointment. Some patients with hypertension, heart disease, asthma, lung disease, obesity, sleep apnea and other medical conditions may not be suitable candidates for anaesthesia in a dental office.

How much will it cost?

The anaesthesia fee is based on the time required for induction, completion of dental work and one hour of recovery. Units are based on the dentists operating time (one unit is equivalent to one minute).

The medications that are administered are all short acting and so you will be awake shortly after the dental work is completed. However, you will be continued to be monitored for an additional 30-60 minutes to ensure that you can be safely discharged.

An estimate of the duration of the procedure and the fee is given to the patient prior to the sedation appointment. Payment accepted includes Visa, Mastercard, Amex, debit, or cash. Personal cheques are **NOT** accepted. Payment in full is required on the day of the procedure.

PRE-OPERATIVE INSTRUCTIONS

- Come to your appointment with a responsible adult who can drive you home. The sedation appointment will not start without an escort.
- Nothing to eat **eight hours** prior to your appointment. Nothing to drink **four hours** before your appointment.
- Clear fluids are allowed **up to 4 hours** before your appointment (e.g. water, juice without pulp, black coffee).
- Take medications as directed by your anaesthetist.
- Wear loose comfortable clothing. Short sleeves allow monitor and IV placement.
- Do not wear jewelry or contact lenses.
- Nose and tongue rings need to be removed.
- Do not wear sandals or slippers.
- Do not wear nail polish.
- Use the bathroom before your appointment.

POST-OPERATIVE INSTRUCTIONS

- Get plenty of rest.
- Drink plenty of fluids.
- Avoid strenuous activity.
- Avoid alcohol or other sedative medications for 24 hours.
- Do not drive or operate heavy machinery for 24 hours.
- Do not make important decisions.
- Eat light, easily digested foods.