

## **Beautiful Smiles Family Dental Center**

**(717) 938-1811 or (717)542-1656**

### **Anesthesia Directions by Joseph G. Graver, D.D.S.:**

Dr. Graver and his team of experts want you and/or your loved one to have an excellent anesthesia experience to accompany your dental and/or surgical procedures. We kindly ask that you thoroughly read and follow these instructions so the patient might have the ideal anesthesia experience.

#### **Things to Know and Do Prior to Your Anesthesia**

- 1) This time is to prepare to have the most ideal delivery of your or your loved one's health care service. Feelings of fear or anxiety should be set aside so that regardless of the age of the patient he or she might have the confidence in our team. We want to set the tone for a pleasant day in our practice.
- 2) We need to collect and record several aspects of the patient's physical status. The most important of these is weight. Any thing more than one layer of clothes, including shoes, should be removed prior to measuring your weight.
- 3) It is important that all jewelry is removed prior to taking x-ray pictures from outside the mouth. If you have never removed all your head and facial jewelry we would be happy to help you do that. This will help the doctor have the highest quality of images to guide their treatment decisions and planning. All jewelry is best left at home the day of your anesthesia. If desired, wedding rings are acceptable. This appointment is a time to learn what jewelry might pose a problem the day of your procedure.
- 4) We will be constantly monitoring your vital signs before, during and after your anesthetic. To assist us in the best monitoring possible, we ask that you wear no make up, long hair is best pulled back into a pony tail, leave all jewelry and valuables at home. Short sleeve shirts are requested and ideally a button-up shirt so we can access your chest and abdomen for heart monitors. Sweat pants or pajama bottoms are ideal for below the waist clothing. During warm weather shorts are also acceptable. Stockings that are easily removed are best in a rare event that IV access might be obtained on the lower legs or feet, especially for children. Slippers, or easily removed shoes during inclement weather, are best worn into and out of the office.
- 5) Once the monitors are in place, any escorts of the patient, including parents, will be asked to return to the reception area prior to the induction of the anesthesia/sedation. Prior to this point, a pre-induction sedative may be administered in the form of pills and/or a liquid cocktail. This might be done in the treatment room or in the induction/recovery room for small children.
- 6) Once the procedure(s) is completed, Dr. Graver and the anesthesia team will end the anesthesia in preparation for transporting the patient to recovery.
- 7) Most importantly, all patients must have **not** eaten or drank anything from bedtime the night before the procedure with anesthesia until the time of the anesthetic. Usually, all sedations and general anesthetics can be completed in the morning hours. In the case of emergencies, certain exceptions may apply.
- 8) Prescription medication may need to be taken on a daily basis by the patient. We will discuss during your pre-anesthesia consultation what medications you are taking and which should be taken the morning of your procedure with 4oz.(a Dixie cup) or less of water.
- 9) All females of child-bearing age (12-60yrs.) will be expected to provide a urine sample for pregnancy testing prior to the induction of anesthesia.

### **During the Anesthesia**

- 1) During the delivery of anesthesia, all the American Association of Anesthesiology standards will be followed. The patient will likely be covered with multiple blankets and possibly warmed with a body warmer if necessary. It is important that patients awake from anesthesia feeling comfortable or slightly warm.
- 2) In cases of IV sedation or General Anesthesia, patients will have most or all of their normal fluid volume restored to them. This will be done in steady measured fashion throughout the procedure. After General Anesthesia we will want to the patient to urinate to verify proper bladder function prior to being discharged home. The fluid given to the patient during the anesthesia will assist in this requirement.
- 3) All friends and family of the patient will be expected to wait in the reception room. There are reading materials, public Wi-fi access and a choice of beverages available for your enjoyment while waiting during the procedure.
- 4) Escorts of the patients may leave our facility if they choose. We only ask that a dependable contact phone number be given to our receptionist prior to your temporary departure along with the anticipated time that you to return to our facility. We want you to be there for the patient shortly after the time of transport into recovery. We will call for return at the appropriate time.
- 5) During the emergence from anesthesia or sedation, occasionally a patient may experience a subconscious relaxation of the bladder causing involuntary urination. Although this is not expected, it occasionally occurs for the patient. You may choose to have a second set of bottom clothing to return home in if this unforeseen incident were to occur.

### **After the Anesthesia**

- 1) A period of recovery and evaluation is necessary for patients following General Anesthesia or sedation (Phase I recovery). Our goal is to insure that the patient is in a condition that will make for easy unconcerned observation upon his or her return home (Phase II recovery).
- 2) Patients may prefer to sleep for 1-2 hours immediately following long sedation or General anesthesia. This time is to allow the patient to fulfill that immediate desire. Patients, especially children, will find it comforting to have their escort or parents in the recovery room during this period. Siblings or other children may not be in recovery so that all the attention may be given to the recovering patient. Please make appropriate arrangement for additional children so that any awkward situations will be avoided. We want this experience to be focused entirely on the patient.
- 3) As a courtesy to our patients, no photographic or video recording is permitted in the treatment room or Post Anesthesia Care Unit (recovery). If a photograph is desired to mark the occasion, it may only be after the patient has been cleared for discharge or is able to give verbal consent.
- 4) After a minimum of 30 minutes and the patients vital signs have returned to normal, we will attempt to orient the patient to full consciousness. We typically question the patient as to their identity, the day's date and/or day of the week, and where the patient is currently located. We call this Alert, Ambulatory and Oriented to Person, Place and Time(AAOx3).
- 5) Once the patient has found to meet these discharge criteria, we will record the patient's final vital signs, including blood glucose for diabetic patients. The patient will use the restroom and be encouraged to have a complimentary ice cream prior to the discharge to home. If any questions or concerns arise regarding the anesthesia please call the office during normal business hours or Dr. Graver's cell phone: (717)542-1656.

***Enjoy the day and your improved condition!***