

General Anaesthetics for Children Having Dental Procedures

This is a short overview of what you might like to know regarding your child's general anaesthetics.

Fasting

- If your child's appointment is before 12pm midday, your child
 - can have food and milk before 12am midnight
 - can have water and clear apple juice until 1 hour before appointment
- If your child's appointment is after 12pm midday, your child
 - can have food and milk before 6am
 - can have water and clear apple juice until 1 hour before appointment

What To Bring

- Comfort items, eg:
 - iPad (with movies)
 - Books
 - Teddy Bear or Soft Toys
 - Pillows or Blanket
- Change of clothes – can leave in car

On Arrival

1. Go to the receptionist for paperwork
2. See the admission nurse for a routine questions and checkup
3. Your child may be given premedication of paracetamol and/or sedation
4. You will have a chat with the dentist and the anaesthetist, so bring along any questions you may have

5. Plan B – Very rarely, for very agitated patients who can't take oral sedation and who is in danger of freaking out, an injection of sedation may be necessary prior to induction of anaesthesia

Into Theatre

Can be accompanied by one parent or carer

Induction of Anaesthetics

Induction will usually be done with a gas mask, and your child will be encouraged to take 20 big deep breaths. The mask will stay on until the child is asleep.

If your child does not stay still, we will need your help to restrain them.

The alternative to a gas mask is an injection into a vein, usually in a hand or an arm. It will look similar to this, and will require the child to hold their arm still for a couple of minutes:



Once the child is asleep, please wait outside the theatre.

During the Procedure

A needle will be inserted into the arm, hand or foot, and a cannula cap will be left there. Most children hate the sight of this on waking up. It will look like this:



A nasal breathing tube will be inserted next to keep the airway safe. This will be removed before your child wakes up. Sore throats and nosebleeds are a common side effect.

Local Anaesthetics

For extractions and some other dental procedures, the dentist will inject local anaesthetics into the mouth. When this happens, the child will wake up numb in their mouth. They may also feel numb in their tongue, cheek and lips. This can last for 2-3 hours.

End of Procedure

When we finish the procedure, we'll monitor the child. When the child is stable and starting to rouse, we will bring the parent or carer into the recovery room to sit with the child until they wake up fully. This can take another hour.

Emergence Delirium

Sometimes a child can wake up crying, screaming or kicking as if they're having a major temper tantrum. This is quite common in young children. The good news is that the child will not remember much of this, but it can be quite scary to see.

Stainless Steel Crowns

For children having stainless steel crowns inserted, they may complain that the tooth might feel too tight, too big or sore. The treatment is painkillers and lots of reassurances.

Pain Relief

We recommend giving both paracetamol and neurofen together three times a day with food.

Food

The child can be fed straight away when they are fully awake. We recommend gentle soft foods like jelly, soups, pasta, porridge, congee, fruit smoothies.

Avoid milk (for 24 hours) and food that require chewing like meat, pizza, hamburgers, apples. Children who have had local anaesthetics may accidentally bite themselves if they are still numb. After the numbness has worn off, they may be sore and may refuse solids.

Encourage drinks and fluids.

If you have any further questions, please contact Casey Anaesthetics at 03 9791 2733. I may contact you prior to the operation.