

## Dental Services

# Dental treatment under general anaesthetic (asleep) for children: Morning appointments

### Instructions and advice for parents/carers

Your child will be having dental treatment under general anaesthetic (whilst asleep). This leaflet contains important instructions, as well as answers to some of the questions you may have. It is vital that you follow all of the instructions otherwise your child's treatment may be cancelled, or you may put your child at risk.

### Essential Information

**Failure to comply with these instructions will result in cancellation of your child's treatment for their own safety**

You **must** follow these instructions:

- Your child **should not** eat anything after 12 midnight
- Your child **should not** have **chewing gum/sweets** after midnight
- Your child **may** drink **still, plain tap water only** up to 6.30am
- Your child **should not** have anything to drink after 6.30am
- An adult with legal parental responsibility **must** come on the day
- The adult **should not** bring any other children with them
- You may have to spend the **several hours** at the hospital
- You **should** travel home by private car or taxi

### Before the appointment

- **When does my child have to stop eating/drinking?**

Your child must not eat anything after 12 midnight.

Your child must not have chewing gum/sweets after midnight.

Your child may drink still plain tap water only, up to 6.30am.

Your child must not have anything to drink after 6.30am.

If your child needs to take regular tablets or medications these can be taken with small sips of water at the usual time.

- **What if my child is ill or unwell before the appointment?**

If your child has an illness (e.g. cough, cold, rash) on the day before your appointment, please telephone the hospital between 8:30am and 5:00pm on 0191 282 4147. You should also inform staff on arrival if the child is currently or has recently been unwell, even if you have already telephoned.

- **How much should I tell the child before the appointment?**

Although some parents feel it is better not to tell their child about what is going to happen, this can lead to considerable distress, particularly when getting your child to sleep, and when he/she wakes up. We would therefore advise that you do tell your child that they will be going to sleep and having some dental work.

- **What should I bring and what should my child wear?**

Please do not bring any valuables into hospital with you. No responsibility can be taken for any lost valuables.

Please bring any tablets or medicine your child is taking so that the anaesthetist knows what they contain.

Your child should not wear nail polish or make up and should be wearing loose and comfortable clothes.

## **The appointment**

- **Who should come to the appointment?**

An adult with legal parental responsibility must come with the child. The adult should not bring any other children with them to the hospital, so that they can concentrate fully on the child.

- **What will happen at the appointment time?**

All the patients being treated will be seen at the beginning of the session by the nursing staff. The order in which patients are treated is decided by staff. This may mean that you have a long waiting time. There is a well-equipped children's waiting room, but you may wish to bring something to occupy both yourself and your child.

- **Can anyone be with the child whilst they are going asleep?**

At the anaesthetist's discretion, one parent or responsible adult should accompany your child into the anaesthetic room until they are asleep. The adult will then be directed to a waiting area before treatment starts.

## **After the treatment**

- **How soon can I see my child once the treatment is complete?**

After treatment is complete, you will be called through to the recovery area whilst your child is waking up.

- **How soon will we be able to leave?**

Children recover at different speeds and we will only let your child leave once it is safe for them to do so. You should be prepared to spend several hours in hospital.

- **How should we get home?**

You should travel home by private car or taxi. You should not use public transport. If you choose to return home by private car, there must be one adult to drive and another to care for the child. If you are unable to manage your own transport home, your GP may be able to book patient transport for you.

- **What should we do for the rest of the day?**

It is advisable to go straight home and have a quiet day. Your child must not be left unattended for the rest of the day.

They should not ride a bike, take part in contact sports or operate machinery (including household appliances) for 24 hours after their anaesthetic.

- **What can I do if my child's mouth starts to bleed?**

We will make sure any bleeding has stopped before you leave. After this, some blood stained saliva is to be expected. If more serious bleeding occurs, you can control this by folding a clean cloth into a pad, placing it over the bleeding area and getting your child to bite down on it for 20 minutes. If this doesn't stop the bleeding, call the number printed at the end of this leaflet.

- **Will I have to give my child any painkillers?**

We may give your child a painkilling drug during/after their surgery. You will be told what was given, and we will advise you what would be appropriate for your child to take once you get home.

- **Should my child have any time off school?**

Most children will require the next day off school, but some procedures may necessitate more time away. The dentist treating your child will advise you if this is the case.

- **When and what can my child eat afterwards?**

Your child will be offered a drink before you leave, and may eat and drink as soon as you get home. A soft diet is recommended for the next 24 hours, such as soup, scrambled eggs, mashed potato, etc.

- **How can my child keep his/her mouth clean?**

Usually, your child and parents/carers should continue with normal brushing, carefully, on the same day. If this is not the case, the dentist or nurse will inform you. There may be other things that your child should do about which the dentist or nurse will inform you.

**Who can I contact if I have any problems?**

If you have any problems or concerns, please contact a member of staff on 0191 282 4147. After 5.00pm and at weekends, contact the Oral and Maxillofacial Senior House Officer through the Trust hospital switchboard on 0191 233 6161.

## **Further information**

PALS (Patient Advice and Liaison Service) for help, advice and information about NHS services. You can contact them on Freephone 0800 032 02 02, email [northoftynepals@nhct.nhs.uk](mailto:northoftynepals@nhct.nhs.uk) or text to 01670511098.

## **Useful websites**

If you would like further information about health conditions and treatment options, you may wish to have a look at the NHS Choices website at [www.nhs.uk](http://www.nhs.uk).

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