

What You Should Know About Sedation For Your Child

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An Introduction to my Dental Anesthesia Practice

The fear of pain, the sound of drilling, and separation from parents make many children anxious when they go to a dentist's office. Dentists often use nitrous oxide or moderately sedating drinks to ease children's worries, so they can cooperate.

Despite this, some children still will not tolerate any dental procedures. In addition, extensive work requires children to remain calm and still for impossibly long amounts of time. For these children, I come to the dental office and provide a deeper level of sedation, eliminating all fears and ensuring that anxious children will cooperate and allow the dentist to complete dental care safely and efficiently.

Deep sedation in healthy patients is very safe when performed by a physician who is an experienced and board certified anesthesiologist. Because I specialize in the care of babies and small children, I extend this safety to the very youngest patients.

I use state of the art monitoring to ensure your child is asleep, comfortable, and safe during the whole procedure and to minimize the time your child is asleep and the time it takes to fully awaken.

There was a time when anesthesia was only administered in hospitals, but with today's ultra-compact anesthesia equipment, I create a convenient and safe surgery center setting for dental sedation. Your child can avoid the inconvenience and expense of a hospital visit while still experiencing minimal or no awareness of the dental procedure.

For your child's procedure, I will provide anesthesia using the highest quality equipment in a precise, safe manner. By avoiding expensive hospital facility fees, you may save thousands of dollars compared to what you would pay to have the same procedure at a hospital.

The California Dental Board tightly regulates who may provide dental anesthesia and enforces detailed, stringent standards stating what special anesthesia equipment and drugs must be present. I always surpass these standards and use the most advanced, compact, hospital grade equipment and monitors.

How Will the Anesthesia Affect My Child Afterwards?

After the dental treatment, children tend to emerge rapidly from anesthesia feeling pain free, a little disoriented, and comfortably rested. Usually, patients can safely leave the office 20 minutes after the procedure. It is common to sleep part of the day, eat a light meal and be fresh and completely recuperated by the next morning. Complications are highly unusual with my technique.

Who Will Administer My Child's Anesthesia?

I personally perform all aspects of the anesthetic, and your child will remain under my direct, constant supervision until discharged home. You rarely find a medical doctor like me sedating dental patients. Usually, if sedation is offered, it is provided by a dentist. The skills and medical judgment I have refined over years of hospital work caring for critically ill children and adults during complex operations should give you confidence that your child will be safe in my hands.

After earning a B.S. degree in Biophysics and Biochemistry from Stanford University, I completed both medical school and four years of additional specialized anesthesiology training at the University of California, San Francisco School of Medicine (UCSF). This program is widely regarded as one of the top anesthesia training programs in the

world. I have served on the UCSF and Stanford clinical faculty and published 19 scientific articles, abstracts, and book chapters. I have extensive experience in dental sedation and hold a Dental Board of California “General Anesthesia Permit.”

What to Expect

I will contact you one or two days before the scheduled dental procedure to find out about any health problems your child may have, review the eating and drinking instructions, and discuss the details of his or her personalized anesthesia plan.

At the time of the dental appointment, the parent usually walks the child to the procedure area. The child sits in the parent’s lap and goes to sleep by taking a few breaths of a bubble gum flavored gas while I tell a simple story. After the parent returns to the waiting area, I painlessly start a child sized intravenous line, attach the monitoring equipment, and deepen the anesthetic to the required level.

For patients with disabilities or those who cannot cooperate, I may start the anesthesia while still in the waiting area by injecting relaxing medicine into your child’s arm. This feels like a vaccination. After 3 minutes, your child will be drowsy and will not recall anything further.

At the end of the procedure, the dentist will meet you in the waiting area and discuss what was done. I will continue monitoring your child, and reunite the two of you as soon as he or she begins to wake up. Although your child may be grumpy for a little while, there are no long-term side effects.

Pre Anesthesia Instructions

Eating and drinking: For safety, it is extremely important that your child have an empty stomach. Vomiting of food during anesthesia may be life threatening. For this reason, on the day of the appointment, your child must not have any food or milk for 8 hours prior to the procedure. If he or she eats, the sedation will be rescheduled. Eating colored gelatin or drinking water, sports drinks, apple juice, or other beverages that are also transparent and pulp-free up to 3 hours before the time of the appointment is acceptable.

For example, if the appointment is at 9:00 A.M., your child may have clear liquids until 6:00 A.M., but not after that time. An adult must supervise the child constantly on the day of the appointment to make sure the child does not eat. Do not leave your child unattended or send your child to school or day care.

Illness: If your child develops a cough, nausea, or fever, please call the dental office or page me, so I may speak with you to assess the situation and determine if we can safely proceed.

Medications: If your child takes any prescribed medication, continue it on the day of the appointment. If it is an oral medication, let your child take it with a small sip of water. If it is an inhaler, have your child use it at the usual time.

Clothing: I recommend loose fitting, easily removed clothes for the dental procedure. The shirt layer closest to the skin should be short sleeved. Please bring a change of clothing and a warm blanket. If appropriate, have your child wear a diaper and bring an extra one.

Adult Escort: A responsible adult must accompany the child to the office and **remain** there during the procedure.

Post Anesthesia Instructions

Supervision: Anesthetic medications may cause drowsiness and impaired coordination. Therefore, a responsible adult must directly supervise your child for 12 hours following the anesthesia. Until recovery is complete, allow your child to rest and observe him closely. Do not allow swimming, biking, skating, or playing with other children.

Eating: Limit oral intake to liquids for the first few hours. Begin with water and follow with clear juice. If teeth were extracted, do not use a straw. Soft food may be consumed following the liquids. If your child is not hungry, do not force him or her to eat, but encourage as much liquid as tolerated.

Financial Arrangements

The estimated anesthesia fee is based upon the dentist’s estimated procedure time plus 45 minutes. Depending on how much time the dentist actually takes to complete the procedure, the actual charge may be greater than or less

than the estimate. My minimum charge is for two hours. For patients 10 years of age and older, there is an additional charge per case to cover the added medication cost. I require a deposit to confirm your sedation appointment. Payment of the balance of the fee is due at the procedure's conclusion and may be made by MasterCard, Visa, or cash.

The anesthesia fee is separate from the dentist's, and while not covered by many dental policies, it is typically covered for children under the age of 7 years and for other children and adults with medical problems or disabilities by non-HMO (and some HMO) medical insurance carriers.

“I look forward to helping with your dental treatment. If you would like to speak with me, please call my message number, and I will call you back as soon as possible.”

(Revised 9/04), © A. Targ 2004

Targ Mobile Anesthesia

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The following consent form provides parents of minor children with an overview of the choices and risks that are part of having treatment under anesthesia. This information is not meant to worry parents, but rather to help them make an informed decision regarding treatment. There are four choices for anesthesia (no anesthesia, local anesthesia, light sedation, and deep sedation/general anesthesia). All of these may be administered in a hospital, outpatient surgery center, or in a private office, depending on each patient's medical needs.

Child Consent Form Sedation for Dental Procedure

Alternatives to the use of sedation/general anesthesia may vary depending on the type of procedure and the age of my child. These include the use of no sedation, relaxation therapies, or local anesthesia. Because my child is too young for these alternatives to work reliably for this procedure, they have not been chosen. I understand that anesthetic medication is needed to keep my child safe and comfortable and to complete the dental procedure.

I acknowledge that medicine is not an exact science and that no guarantees have been made to me concerning the results of the proposed treatment. I understand that anesthetic medications will be given to my child by Alex Targ, M.D., and that the use of anesthetic medications, while generally considered safe, could **rarely** result in unexpected serious problems. These **very unlikely** problems include, but are not limited to, pneumonia or other lung problems, breathing difficulties, drug side effects, reversible or permanent brain damage, heart problems, or death. I understand that unexpected changes in my child's condition may arise during the procedure. If this happens, I authorize any additional procedures or therapies deemed necessary by Dr. Targ.

I acknowledge the receipt and understanding of both the preoperative and postoperative anesthesia instructions. I also understand that the anesthesia services are completely independent from the operating dentist's procedure. Thus, the anesthesiologist assumes no liability for the surgery/dentistry performed under anesthesia, and the dentist assumes no liability for the anesthesia.

I have had the opportunity to ask questions. The answers and additional information provided to me are satisfactory. I may withdraw this consent at any time up to the time the anesthesia is started.

I, _____, authorize the administration of sedation and/or general anesthesia to _____
(name of parent or legal guardian) (name of child)

while the dental restorations and/or oral surgery is performed on _____
Month - Day - Year

I have read and understand the consent for anesthesia.

Signature of parent: **X** _____

Signature of witness: **X** _____ Name of Witness: _____

Date: _____ Time: _____

Non-refundable \$500.00 Deposit Credit Card Authorization Form

Date: _____ Name on Card: _____
Last First

Signing below authorizes Alex Targ, M.D., effective immediately, to perform a credit card transaction in the form of a sale charging \$500.00 as a non-refundable deposit to be applied towards the fee for the sedation listed above. If the sedation cannot be performed as planned because the patient does not appear at the agreed time or failed to follow the preoperative eating or drinking instructions, this deposit will be forfeit. This deposit will be applied towards future sedation by Dr. Targ only if he determines the patient is too ill to safely proceed at the scheduled time.

Visa or MasterCard Only Please

Visa or MasterCard Only Please

Credit Card Number: _____ - _____ - _____ - _____ Exp. Date: ____/____

Signature of Card Holder: **X** _____

For Office Use Only:

Invoice #: _____ Date Posted: _____ Authorization #: _____ - _____ - _____ - _____ - _____