



Dr. David Westerhaus  
4810 PT Fosdick Dr NW #193  
Gig Harbor, WA 98335  
W: (253) 470-8161 F: (253) 648-7598  
office@emeraldcityda.com

Anesthesia and Sedation for Dentistry

*Dr. Westerhaus is committed to providing a safe IV sedation or general anesthetic for your procedure. Please read the following carefully. It is essential to follow these instructions for your safety. Please initial and sign at the end of the document that you understand and have followed these guidelines. Dr. Westerhaus will call several days before the scheduled appointment to review the medical history and answer any questions you may have.*

## Preoperative Instructions:

### **Eating and drinking:**

It is extremely important that patients undergoing IV sedation or general anesthesia have an empty stomach on the day of treatment. Vomiting and subsequent aspiration of stomach contents during anesthesia may be life threatening. In most cases, failure to adhere to fasting guidelines necessitates rescheduling the dental surgery for another day.

Typically this means no food after midnight before the appointment.

Solids: No food for **8 hours** before the appointment.

Liquids: Small amounts of clear liquids (water, apple juice, and Gatorade) are allowed up to 2 hours before the appointment.

### **Illness:**

If you develop a cough, cold, fever, runny nose, or flu-like symptoms, please call Dr. Westerhaus. If you are getting sick, you are more likely to have complications under anesthesia. In most cases we will cancel the appointment and reschedule in 2 – 4 weeks.

### **Adult Escort:**

A responsible adult must escort you (the patient) home after you have met the discharge criteria. Also, a responsible adult may need to stay with you throughout the remainder of the day. A responsible adult is expected to be on hand during the whole procedure and have transportation available during the whole appointment.

### **Clothing:**

Comfortable, loose fitting clothing is preferred. A loose fitting, short sleeve shirt is appropriate for the appointment. If the weather is cold please dress in layers to keep the extremities warm. Cold extremities result in small veins that make it difficult to start an intravenous line.

Please bring a blanket that will be used to keep you warm during the procedure and recovery.

### **Jewelry:**

Please remove all necklaces, earrings, and bracelets before the appointment.

### **Medications:**

If you are taking any prescribed medications, Dr. Westerhaus will discuss with you whether or not these medications should be taken on the day of surgery. Most medications should be taken on the day of surgery. Oral medications should be taken at the usual time as directed with only a tablespoon of water. Inhaled medications should be taken as directed on the day of surgery.

### **Pregnancy:**

Animal studies have shown that general anesthetic medications and exposure to radiation from x-rays during procedures have resulted in brain cell death in fetuses. Therefore, general anesthesia is to be avoided during pregnancy for elective procedures. Dr. Westerhaus strongly recommends pregnancy testing before the appointment if there is the possibility of pregnancy.

**Initials:** \_\_\_\_\_

(Please initial and bring to appointment with you)

## Day of Appointment:

On the day of the appointment, please arrive at least 30 minutes before the scheduled appointment time.

Dr. Westerhaus will review the medical history, confirm that the fasting guidelines have been followed, and review the risks, benefits, and alternatives to general anesthesia. After answering all questions, a pre-procedural physical exam will be completed (heart, lung, airway and intravenous access assessment), standard monitors (EKG, blood pressure, oxygen, and respiration) will be placed, baseline vitals taken and supplemental oxygen given. An intravenous line will be placed, usually on the back of the hand, arm, or elbow area.

Your cardiovascular and pulmonary function as well as depth of anesthesia will be continually and closely monitored throughout the procedure. Dr. Westerhaus will never leave the treatment room during the procedure. When the treatment is complete, you will remain in the treatment area for recovery. You will be able to leave to go home once all post-operative instructions are understood, your vital signs are stable and you are alert and oriented.

### Financial Agreement:

Anesthesia billing is calculated on the total anesthesia time. This includes the induction of anesthesia, surgery time and recovery. It is difficult to estimate anesthesia cost because of the variability of surgery time and complexity of the dental procedure. Therefore, anesthesia payment is calculated and collected at the end of the procedure.

## Postoperative Instructions:

### Eating and Drinking:

Intravenous fluids will have been administered through the IV during the procedure. Therefore, fluid intake in the immediate (2 - 3 hours) postoperative period is not important, unless instructed by Dr. Westerhaus.

Begin with small sips of water and follow with sweet liquids such as sports drinks, clear juice, and clear soda as tolerated for several hours. Food can be consumed once the liquid diet is tolerated without nausea or vomiting. Suggestions include applesauce, scrambled eggs, yogurt, mashed potatoes, and soups. If you are not hungry, do not eat, but try to drink liquids as tolerated. Heavy or fatty foods such as cheeseburgers or pizza may make you nauseous and are not recommended until the liquid and soft food diets are tolerated.

Absolutely **no alcoholic beverages and/or smoking** for 24 hours following anesthesia.

### Activities:

Do not drive and/or engage in moderate to high level physical activity for at least 24 hours or until the effects of the anesthesia have completely subsided. Judgment may be impaired during this time, so please avoid making any major life decisions.

### Pain or Fever:

Muscle aches and a sore throat may occur similar to the flu following anesthesia. These symptoms are very common and will usually disappear within 1-2 days. Dr. Westerhaus will advise you on a pain medication regimen to follow during the postoperative period.

### When to seek advice:

Nausea and vomiting are common after anesthesia. If these symptoms persist beyond 8 hours after leaving the end of the appointment, or if you have other serious concerns following anesthesia, please do not hesitate to contact Dr. Westerhaus on his cell phone anytime day or night at **(253) 470-8161**.

In the event of a serious medical emergency, please call 911.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(Please sign and bring to appointment with you)