

Theresa Pham, DDS

Pre-Operative Instructions

Eating and drinking: On the day of your appointment, NO food or milk within 6 hours of the procedure. Clear liquids such as water, Gatorade, apple juice, Jell-O, frozen fruit juice popsicles up to 2 hours before the time of the appointment. No liquids (including water) within 2 hours of the appointment. Therefore, for example, if your appointment is at 10:00 a.m. the last food or milk would be at 4:00 in the morning (not very practical!) but you can have clear liquids until 8:00 a.m. If your appointment is at 1:30 p.m., you can have food and milk until 7:30 a.m. and clear liquids until 11:30 a.m. (If your child is breast-feeding, the last feeding can be 3 hours before the appointment.)

Change in health status: If you or your child has a cold, sore throat, cough, nausea or vomiting, or fever, please call your dentists' office as soon as possible so that we can contact you and determine if it is safe to proceed with the anesthetic or if we need to reschedule. Please let us know if there is ANY chance you could be pregnant.

Medications: Most prescribed medications can be taken the day of the procedure with a small sip of water. If it is an asthma inhaler, please take it at your regular time and **BRING IT** with you to the office.

Clothing: We recommend loose fitting, and easy to put on clothes. The shirt layer closest to the skin should be **SHORT SLEEVED**. Please bring a blanket for comfort. Some children may urinate in their pants as they are waking up from the sedation. So, consider a 'pull-up' if your child is 4 years old or younger or a change of clothes. Adults/Teens: Please try to remove any nail polish.

You **must** have a responsible adult to transport you home and stay with you the first night.

I will call you before the procedure to review your health history and answer all your questions.

FAQs

How will I feel afterwards? After the dental procedure, I will continue to monitor you until you are ready to be discharged home. This usually takes 30-60 minutes after the procedure is completed. You will leave the office awake but most patients are usually very tired. It is common to sleep much of the afternoon, eat a light dinner, and then be completely recovered by the morning. Complications are rare, and I have a **stellar patient safety record**.

What kind of payment do you accept? Will my insurance cover your anesthesia services? I accept cash, check or credit card (preferred). Insurance policies vary but in general, most carriers will NOT cover anesthesia services in the office. However, we will make every attempt to help you get reimbursement. Note that our office anesthesia services are usually much less expensive than hospital/surgery center fees, and the office setting is much more convenient for you & your dentist.

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