



# Helping Hands

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## PRE OPERATIVE INSTRUCTIONS

- Food and drink are not allowed in the treatment area
- Cell phone use is prohibited in the treatment area
- Please ensure your child uses the restroom, if needed, prior to treatment
- Photography and videography are prohibited in the treatment area unless written consent is obtained from all persons, including staff, in the treatment room
- We request that only one parent is present in the operatory during procedures. The doctor's attention needs to be focused on the patient during the procedure. Parents are asked to be passive observers, so that the doctor and staff can guide the patient through the procedures. Our most effective source of behavior management to help your child through the procedure is "Tell, Show, Do". However, this is not effective unless we have the patient's undivided attention. We, as a staff, need to minimize any distractions in the treatment room in order to treat your child to the best of our ability. There is a stool in each operatory, attached to the wall, on which you are welcome to sit.
- Please make appropriate arrangements for any siblings if you choose to accompany your child to the treatment room. You are welcome to watch them in the reception area during your child's procedure.
- Please notify a staff member if there are any changes in your contact, billing or insurance information.
- Please notify a staff member if there are any changes in the patient's medical history prior to the appointment.
- If your child has an epi pen or inhaler, please bring these with you to the appointment.
- Please contact our office to reschedule your child's appointment if they have an illness which is keeping them home from school. If they are too sick for school, they are too sick for their dental appointment.
- There are minimal eating or drinking restrictions **PRIOR** to the patient's appointment. If nitrous oxide is planned to be used for the procedure, we recommend only light, non-fatty meals prior to the procedure.
- If nitrous oxide is going to be used for the procedure, please be reminded to inform us of any active middle ear infections or pregnancy of any patients of parents in the treatment room. These are contra indications to the use of nitrous oxide.
- If any radiographs are exposed during the course of the treatment, the parent will be asked to step out of the treatment room.
- Your child is welcome to bring a favorite blanket or small toy with them to the appointment.
- For the majority of procedures, a rubber dam (aka "raincoat") will be placed on the tooth/teeth to be treated. This will allow isolation of the area to be treated, prevents the patient inadvertently swallowing debris or materials, helps prevent the tissues around the teeth from being scratched, helps prevent gagging, shields the patient from the adverse taste of many of

our materials and helps increase the lifespan of restorations by allowing placement in a dry field.

- On occasion, it may be necessary to utilize a mouth prop or bite block to prevent the patient from injuring themselves during the course of the procedure or to assist them if their mouth is becoming fatigued from opening during the procedure.
- If local anesthesia is required for the procedure: topical anesthetic is first applied. We then inject the local anesthesia to help “numb” the area(s) being treated. Please allow the doctor and staff to walk your child through these steps. Before the appointment, you should avoid the use of words such as “shot”, “poke”, “hurt”. Many of our patients are unaware of how we are able to make the tooth go “asleep” with our magic “Sleepy Juice”.
- In most instances, the “numbness” will last for approximately 1-2 hours on the top teeth and 2-3 hours on the bottom teeth.
- The most common post-operative complication, especially if local anesthesia is used, is the patient will inadvertently suck, chew or bite on their tongue or cheek causing the facial tissues to swell, sometimes quite substantially. If this occurs, call our office with any questions or concerns, but a soft diet, Tylenol according to the patient’s age/weight dosing instructions and an ice pack will help the swelling. It may take several days for this to subside. We will give your child a cotton roll (“tooth pillow”) to hold between their teeth after the procedure to help prevent this from happening, as well as place a reminder sticker on them (for our younger patients).
- Most post-operative discomfort can be resolved with the use of a Tylenol product, used according to package dosing information for the patient’s age/weight. Please make sure to have this on hand prior to the patient’s appointment.
- For the majority of procedures, the patient will be able to return to school for the remainder of the day and/or go to school prior to the appointment, depending on the parent’s comfort level.
- Your estimated out of pocket portion for the treatment will be collected at the time of the appointment. Upon request and prior to the treatment appointment, a pre determination of benefits can be submitted to your insurance company to give you an estimate of out of pocket expenses for the proposed treatment. This is not a guarantee of payment by your insurance company. Most insurance companies need an average of two weeks to process this pre-determination.
- At times, the recommended treatment may change during the course of the procedure. We try to anticipate these possible changes as much as we are able based on previous experiences and discuss the possibilities prior to the appointment. However, some of these occurrences are not anticipated, yet require being addressed. We will do our best to communicate and treatment changes during the appointment. You will be financially responsible for any changes or additions to the treatment.
- We request that a parent or guardian is present in the building during any treatment appointments.
- The above are general guidelines. Your child may require additional or differing recommendations. If so, these will be discussed with you on an individual basis prior to your child’s appointment.