



dentistry asleep

...for kids

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Welcome To My Practice!

At Dentistry Asleep, we care about the overall wellbeing of your child. Our emphasis is on providing caring, comprehensive dental care and making your child's dental experience a comfortable one. Studies show children who have a positive health care experience are more likely to have a favorable outlook toward dental and medical care throughout their lives; this is why my first priority is ensuring your child's treatment experience is a great one! As a parent myself, I know that parenting is one of the most rewarding jobs you can have; we're here to support you in providing the best care possible for your child.

Getting To Know You

During your first visit, we will look at your child's teeth and gums, take any necessary x-rays, review your child's medical history, and answer any questions you may have regarding your child's dental treatment. We allow a lot of time at this visit to ensure your child has a chance to get comfortable, and all of your questions and concerns are addressed. If your child is uncomfortable with any part of this first visit, we won't force the issue- although in our experience, choosing a favourite DVD to watch from our library usually helps them feel right at home! My staff and I enjoy helping children and look forward to working with them. Both my team and I have extensive experience treating children; in fact, more than half of my practice is devoted to children, the other part dedicated to my adult patients. I also teach anaesthesia for both adult and paediatric dentistry in the undergraduate and post-graduate programs at the University of Toronto.

After the initial consultation and examination, you will meet with your treatment coordinator who will schedule your child's treatment, help you navigate through and better understand your insurance coverage, and handle any financial arrangements. Your treatment coordinator will also be your office liaison, and will be able to answer any further questions you may have along the way. Of course, I'm always here to help as well. I can also be reached by email at kevin@drdann.ca.

Before Your Child's Treatment

As parents, you play an important role in developing your child's attitude toward dental care. One of the greatest things you can do for your child in this respect is to have a positive attitude toward their visit, and help them to view their appointment in a positive manner, and as an opportunity to meet new people who want to help them stay happy and healthy!

For your child's safety and comfort, it is imperative that you follow these instructions carefully

Eating and drinking:

Your child must NOT have anything to eat anything 8 hours before their appointment. Your child may have clear fluids (water, apple juice, Gatorade, ginger ale or Sprite ONLY) up to 2 hours before their appointment. Studies show that preventing pain prior to treatment, as well as during, results in less pain afterward. I recommend giving your child non-prescription acetaminophen (Tylenol/Tempra) or ibuprofen (Advil/Motrin) syrup for children up to 3 hours before their appointment.

Changes in health:

Please call and speak to one of our registered nurses about any changes in your child's health such as fever, repeated vomiting or asthma within 7 days before your appointment. If your child develops a cold within 5 days before their appointment, call our office immediately. If a cold is mild and there is no cough (just the 'sniffles'), often the appointment does not need to be changed. There are so many children waiting for appointments, so it's important that we have sufficient notice to make any changes in regard to scheduling. As you know, there are many things parents must rearrange, such as childcare and work schedules, to be able to come in for an earlier appointment- as much notice as possible is helpful.

Preparations

We love children, but we ask that you make childcare arrangements for any siblings during your child's appointment. In addition to the fact that it would be a long day for any siblings, your child will need your undivided attention and supervision before and after their treatment. Please brush and floss your child's teeth before the appointment, and bring a change of clothing, especially underwear or a diaper, since occasionally some children empty their bladder while asleep or upon waking up. Young children can be prepared for their appointment by being ready for sleep; wearing pajamas (no 'onesies', please!) and bringing a favorite bedtime item such as a blanket or stuffed toy is often helpful. We will need a short-sleeved t-shirt under any clothes to be able to properly monitor your child. As well, please avoid dressing your child in tights/leotards for girls, and one-piece pyjamas ('onesies') for babies and toddlers. Arms and legs must be easily accessible to monitor your child throughout their treatment. After arriving at the office, encourage your child use the washroom or change their diaper.

After Your Child's Treatment

Congratulations- you made it! We hope you and your child have had a positive experience with dentistry asleep. Here are some reminders and answers to commonly asked questions regarding your child's care after treatment.

Getting home:

After your child is brought to the recovery room, the registered nurse will assess them before being discharged. Children generally require 1-2 hours of recovery time before discharge is permitted. Your child must be easily rouseable, awake, and able to take small sips of fluid.

As your child's accompaniment, you must remain with your child at all times after their treatment. You are responsible to ensure your child does not fall or injure himself/herself while medicated. Your child should rest at home and be supervised by you for the remainder of the day. Most children resume their normal activities within 10 hours after their appointment. If you are driving, make sure your child will be secure in your vehicle during the trip home. It's also important to have a second adult in the car to observe and care for your child on the way home. As discussed, public transit must NOT be used for your return trip home- only private car or taxi.

Eating and drinking:

Generally speaking, your child can eat and drink anything they would like, as soon as they like. I recommend popsicles and freezies to help reduce any swelling of the lips and mouth as well to help re-hydrate your child. While I don't usually advocate giving your children soda and other sugary drinks, in this circumstance, the combination of caffeine and sugar in Coke and Pepsi are great choices to help your child become more alert.

Nausea and vomiting:

Nausea or vomiting is rare, as we give medication during your child's appointment to prevent it. In the few children who do experience it, it's usually very brief. If prolonged, first give your child small sips of Gatorade or flat ginger ale until the feeling subsides. If even water, Gatorade or flat ginger ale is vomited, give your child chewable Gravol and wait an hour before trying clear fluids again. If your child can't keep even Gravol down, use a Gravol suppository as directed on its package. If nausea and vomiting still persist, call us.

When to call us:

Parents very seldom feel the need to call or page us after treatment but please feel free to do so if you have any concerns or if any of the following occurs:

- Persistent elevated fevers, especially ones that has not responded to pain relief medication
- Prolonged, repetitive vomiting
- Difficulty breathing, unusual snoring, or coughing
- Prolonged drowsiness or sleep, especially beyond 4 hours

How to reach us:

Before 5 pm at our office number, (416) 961-2273; after 5 pm, page the doctor on call at (416) 812-7409 or call my mobile at (416) 606-3730.