

For a child and parents coming for dental treatment under general anaesthesia

A child's dental treatment under general anaesthesia is carried out as a collaboration of a multidisciplinary team of professionals. A nurse, anaesthetic nurse, anaesthesiologist, dentist, and dental nurse will take part in the treatment.

Please do not come for general anaesthetic dental treatment with dirty teeth. Dirty and uncared-for teeth can make dental procedures more difficult and prolong the duration of general anaesthetic dental treatment.

During the general anaesthetic dental treatment, the child's teeth are filled with tooth-colored filling material or covered with silver-grey steel crowns. Teeth that are in poor condition or infected usually have to be re-moved.

When to tell the child?

The purpose of coming to the hospital is told

- to a school-age child as soon as a decision on the procedure has been made, or when you have been given an appointment for the procedure
- to an under-school-age child a few days before coming to the hospital

How to tell about it?

It is better to talk to the child about 'treatment' rather than drilling or injection. Children's books about hospital can be used when talking about the upcoming treatment. Parental support for the child is important; knowing the reasons for going to the hospital and what will happen there will reassure the child. The child feels safe when the parents accept going to the hospital and are able to explain what will happen there.

Personal belongings

The child can bring their own indoor clothing that is easy to put on. Personal books and toys are also allowed at the hospital. This provides a sense of security.

Child's preliminary information

The preliminary information form must be completed before an appointment for surgery can be given. The preliminary information form has arrived either by post or by SMS. Both the letter and the SMS contain instructions on how to fill in the preliminary information. The child's weight, height, medication and possible allergies are important information, and this information is needed when planning general anaesthetic treatment.

Medication

If your child is on a regular medication, the morning dose can be taken with a small amount of water. Asthma medication should be taken to the hospital on the day of the procedure.

Without nutrition

The procedure is performed under general anaesthesia. Therefore, the child must not eat or drink in the morning. This is important to avoid nausea and the consequent, potentially dangerous, situations.

At the hospital

The parent accompanying the child should reserve the entire day for it. She is with the child on the day surgery ward at all times except during the procedure. Once the child has been brought to the recovery room and is feeling well, a nurse will invite the parent to come to the child.

Schedule

The time in the child's invitation is the time of admission to the hospital, not the time of the procedure. Before the procedure, preliminary information and fitness for general anaesthesia are checked. An anaesthetic cream is applied to the injection site, which numbs the skin within an hour so the needle does not hurt. If necessary, the child will be given pre-medication. After the procedure, the child's condition is monitored for a few hours until the child is well enough to go home. You will also receive home care instructions before you are discharged.

Certificates

If necessary, a certificate of attendance can be written for the parent if the employer requires one. You will also receive a certificate for travel expenses. Kela will reimburse the part exceeding the deductible for public transport and the use of your own car.

Further treatment

General anaesthetic dental treatment can be psychologically and physically demanding for a child. In the future, special attention should be paid at home to daily teeth brushing and dietary habits.

At the dental clinic

of your health centre, you will be instructed on how important xylitol, fluoride, nutrition, and cleaning the teeth are for oral health.

Teeth are brushed twice a day with fluoride toothpaste. Teeth brushing should be part of the child's daily routine as soon as the first tooth erupts in the mouth. An adult should brush the teeth of under-school-age children. It is also a good idea for a parent to be present to check the results when school-aged children brush their teeth.

Tooth decay can also be caused by eating habits that put a strain on the teeth. Frequent meals, snacking, eating sugary foods or drinking sugary drinks put your teeth at risk of decay. Bacteria that live on tooth surfaces feed on sugars in food and drink. After each time you eat or drink, the bacteria produce acidic substances as part of their metabolism that damage the tooth.

Teeth can take about 5–7 meals a day without being damaged. Eating at night is particularly bad for your teeth, as there is less saliva secretion at night to protect your teeth.

The child should be booked for a follow-up visit to their own dental clinic after general anaesthetic dental treatment. This does not involve any procedures, but allows the child to get to know the treatment environment, dental equipment and staff. The visit will also include individual instructions on oral and dental care. Regular dental visits will continue to be important. The purpose of regular dental visits is to maintain oral health and to accustom the child to regular dental care so that further general anaesthetic dental treatment is avoided in the future.

Sudden illness

A child cannot be put under general anaesthesia in case of a fever, cough or cold, or if there is a contagious disease in the family. In such a case, please contact the hospital.

Contact information

For surgery-related enquiries, call 014 269 5205, Mon-Fri, 9–11 and 13–14

For sudden cancellations on the day of surgery, call 014 269 5959, Mon–Fri, 7–9

Hospital Nova emergency department telephone helpline 116117