#### **Instructions for Anesthesia for Adults**

**Required Steps:** Following these instructions exactly will allow us to provide the safest care possible.

- 1) **Download and print the required paperwork** from: <u>www.sleeptosmile.com/forms-for-sedation/</u> This paperwork can be found on the "download forms" tab on our website. Your dental office may also provide a printed copy for you.
- 2) **Fill out the confidential pre-anesthesia health history.** This information is very important and allows us to develop an anesthesia plan that is best for your needs. Please print clearly and fill out the health history as completely and accurately as possible as this information is necessary to ensure your safety.
- 3) **Fill out the informed consent and records release for anesthesia.** This allows us to collect more information from your primary care physician or specialist if more information is deemed necessary.
- 4) **Fill out the financial agreement.** Please review the estimated fee based on the amount of time your dentist estimates dental treatment to take. All major credit cards are accepted and any special arrangements must be made in advance. Please do not hesitate to contact us for an estimate and any explanation of fees.
- 5) **Return the above paperwork to us.** You may send the paperwork directly by emailing the form to david@sleeptosmile.com or fax the paperwork to (916) 560-7884. You may also give the completed paperwork to your dental office with instructions to forward to Dr. Westerhaus.
- 6) **Consultation with Physician**. It is often necessary to consult with your primary care physician or specialist to evaluate the patient for any health issues. This is to ensure the patient is as healthy as possible for surgery. There is a form for the physician to fill out "Pre-Anesthesia Medical Evaluation Form" at <a href="https://www.sleeptosmile.com/forms-for-sedation/">www.sleeptosmile.com/forms-for-sedation/</a>
- 7) **Review of Paperwork.** Once Dr. Westerhaus has reviewed the completed paperwork, you will be contacted by telephone several days before your appointment to review the health history. Specific instructions for your appointment will be reviewed during this phone call. If you have any questions or concerns, do not hesitate to call Dr. Westerhaus at (916) 827-0046.

**Financial Information:** Once your health history has been reviewed, a deposit will be collected. A deposit for \$800 for the first hour of anesthesia will be charged to your account. This is non-refundable and will hold your appointment time. The remaining balance is due on the day of treatment. Anesthesia billing is calculated on the total anesthesia time. This includes induction of anesthesia, surgery time, and recovery. It can be difficult to estimate anesthesia cost due to the variability of surgery time and complexity. Therefore, the balance of the anesthesia fee will be calculated and collected at the end of the procedure.

**Other Important Information:** Please read the following instructions and follow them exactly. Violation of any of these instructions or any other instructions from the anesthesiologist may result in cancellation of your appointment and forfeiture of your deposit.

### **Instructions for Anesthesia for Adults**

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#### **Instructions for Anesthesia for Adults**

#### **Preoperative Instructions**

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 sign at the end of the document that you understand and have followed these guidelines.

**Adult Escort:** A responsible adult must escort you home after you have met discharge criteria. Also, a responsible adult may need to stay with you throughout the remainder of the day.

**Clothing:** A loose fitting, short-sleeved 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. Please remove any makeup on the day of surgery, including nail polish as this affects the reliability of certain monitors. Please remove anything valuable including any jewelry.

Eating / 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 content during anesthesia may be life threatening. In most cases, violation of fasting guidelines necessitates rescheduling the dental surgery for another day.

No food of any kind for 8 (eight) hours prior to the appointment.

Clear liquids (no pulp) i.e. water, apple juice, Gatorade, may be taken up to 2 (two) hours prior to the appointment.

**Illness:** A change in health, especially the development of a cold, cough, nausea, or fever is EXTREMELY important. Please notify Dr. Westerhaus at (916) 827-0046 if there is any change in your health. In most cases, your appointment may need to be rescheduled in 2 - 4 weeks.

**Medications:** If you take any prescribed medications, Dr. Westerhaus will discuss with you whether or not this medication should be continued. Most medications should be taken on the day of surgery. Oral medications should be taken with a couple of teaspoons of water at least 2 hours before the appointment. Nebulized or inhaled medications should be taken as directed on the day of surgery without concern.

**Pregnancy:** Animal studies have shown that general anesthetic medications and radiation (x-rays) exposure during procedures have resulted in brain cell death. Therefore, general anesthesia is to be avoided during pregnancy for elective procedures. Dr. Westerhaus requests that you inform him of the potential for pregnancy on the anesthesia medical history form. Dr. Westerhaus strongly recommends pregnancy testing before the appointment if there is a risk of pregnancy.

Signature of Patient or Patient's Representative	Date

Signature of Patient or Patient's Representative

#### **Instructions for Anesthesia for Adults**

#### **Day of Appointment**

On the day of appointment, please arrive 15-30 minutes early. Dr. Westerhaus will review the medical history, confirm that fasting guidelines have been adhered to, and review the risks, benefits, and alternatives to general anesthesia. After answering all questions, completion of a pre-procedural physical exam (heart, lung, and airway assessment), standard monitors (EKG, Blood pressure, oxygen and respiratory monitor) will be placed, baseline vitals taken and supplemental oxygen given. An intravenous line will be placed, usually in the back of the hand or antecubital fossa (elbow area). Once the intravenous line is secured, medications will be titrated according to your response.

Your cardiovascular/pulmonary function and depth of anesthesia will be continually monitored closely 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 go home when all post-op instructions are understood, your vital signs are stable and you are alert and oriented.

#### **Postoperative Instructions**

**Eating and Drinking:** IV 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. Limit oral intake to liquids for the first few hours. Begin with water and follow with sweet liquids such as sports drinks, clear juice, and soda as tolerated. Food can be consumed once liquids are tolerated. Suggestions include scrambled eggs, applesauce, yogurt, mashed potatoes, and soups. If you are not hungry, do not eat, but try to drink liquid as 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 24 hours or until the effects of the anesthetic have completely subsided. Judgment may also 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 24 to 36 hours. Dr. Westerhaus will advise you on a pain medication regimen to follow during the postoperative period.

Seek Advice: Nausea and vomiting are common following anesthesia. If these symptoms persist beyond 8 hours, or if you have
other serious concerns following anesthesia, please contact: Dr. Westerhaus on his cell phone anytime at (916) 827-0046. In the
event of a serious medical emergency, please call 911.

Date

# **Pre-Anesthesia Health History Questionnaire (Confidential)**

Patient Name:				T	oday's D	ate:		
Please fill out Patient Info			Gender: M F			ntal Office:		
Date of Birth: / /		Age:	Height: Weig	ght:	Con	tact Phone #: ()		
						State: Zip:		
Name of person responsible	for pat	tient:	Relatio	onship:_		Drivers License #:		
Address:			C	ity:		State: Zip:		
						Iome Phone #: ()		
Doctors:			· · · · · · · · · · · · · · · · · · ·			\ <u></u> /		
	sician o	r Pediatrici	ian:			Phone #: ()		
Date of last physical exam/	Checku	ıp:			F	ax #: ()		
Names of other Physicians/	Special	lists seen: _				Phone #: ()		
						Fax #: ()		
Health History:						· · · · · · · · · · · · · · · · · · ·		
			(Circle any Symptoms	:) Cougl	n, Cold, F	ever, Runny Nose, Sore Throat, I	Ear Infe	ection
Please list any other Sympto	oms:							
								_
Have you (has the patient) e	ver had	l surgery or	r anesthesia?Yes No Fo	r What	Reason _			
<u>Patie</u>	nt's Me	edical Hist	ory: Please circle the appropr	iate res	ponse for	the following questions:		
Heart/Blood Vessels			Nervous System			Parathyroid condition	Yes	No
Heart murmur	Yes	No	Epilepsy	Yes	No	Pituitary condition	Yes	No
Congenital heart defect		No	Seizure disorder	Yes	No	Other endocrine condition		No
Artificial heart valve	Yes	No	Multiple sclerosis	Yes	No			
Rheumatic fever	Yes	No	Trigeminal neuralgia	Yes	No	Musculoskeletal		
Rheumatic heart disease	Yes	No	Chronic pain	Yes	No	Sjogren's syndrome	Yes	No
Heart valve damage	Yes	No	Anxiety/depression	Yes	No	Arthritis	Yes	No
High blood pressure	Yes	No	Alzheimer's disease	Yes	No	Artificial joint	Yes	No
Heart attack	Yes	No	Dementia	Yes	No	Fibromyalgia/ rheumatitis	Yes	No
TIA / Stroke	Yes	No	Psychiatric treatment	Yes	No	Chronic back pain	Yes	No
Heart surgery	Yes	No	Psychological counseling	Yes	No	Other bone/muscle disorder	Yes	No
Angioplasty	Yes	No	Persistent numbness/tingling.	Yes	No			
Vascular surgery	Yes	No	Other nervous system disorder.	Yes	No	Respiratory		
Pacemaker	Yes	No				Tuberculosis	Yes	No
Coronary heart disease	Yes	No	Head & Neck			Asthma	Yes	No
Congestive heart failure	Yes	No	Glaucoma	Yes	No	Bronchitis	Yes	No
Angina pectoris	Yes	No	Chronic sinusitis	Yes	No	Pneumonia	Yes	No
Chest pain	Yes	No	Injury to head, neck, face, or	V	NI.	Emphysema	Yes	No
Irregular heartbeat	Yes Yes	No No	teeth Headaches	Yes Yes	No No	Cough up bloody sputum Shortness of breath	Yes Yes	No No
Other heart / vessel disorder.	Yes	No	Unexplained visual change	Yes	No	Wheezing	Yes	No
Office ficalty vessel disorder.	103	110	Frequent or severe	103	110	Loud snoring	Yes	No
Blood			nosebleeds	Yes	No	Had a sleep study	Yes	No
Blood clots or thrombosis	Yes	No	Persistent sore throat	103	110	Sleep apnea	Yes	No
Anemia	Yes	No	or hoarseness	Yes	No	Other respiratory	Yes	No
Sickle cell disease / trait	Yes	No	Difficulty swallowing	Yes	No			0
Hemophilia	Yes	No	Other head / neck disorder	Yes	No	<b>Urinary Tract</b>		
Bleeding disorder	Yes	No				Kidney disease	Yes	No
Bruise easily for no			Endocrine			Renal dialysis	Yes	No
apparent reason	Yes	No	Diabetes Type I or II	Yes	No	Venereal disease	Yes	No
Other blood disorder	Yes	No	Low thyroid	Yes	No	Sexually transmitted disease	Yes	No
			Other thyroid condition	Yes	No	Urinary Tract Infection (UTI)	Yes	No
If yes, what type:			Cushing's syndrome	Yes	No	Other urinary disorder	Yes	No

# **Pre-Anesthesia Health History Questionnaire (Confidential)**

Patient Name:			Today's Date:					
Digestive System			Allergy History					
Hepatitis	Yes	No	Are you allergic to or have you	ever h	ad a bad	Use/used tobacco products	Yes	No
Liver disease	Yes	No	reaction to the following:			Smoke	Yes	No
Cirrhosis of the liver	Yes	No	Dental anesthetics	Yes	No	Used Marijuana	Yes	No
Ulcers	Yes	No	Penicillin	Yes	No	Chew tobacco	Yes	No
Jaundice	Yes	No	Sulfa drugs	Yes	No	Drink alcoholic beverages	Yes	No
	Yes	No	Other antibiotics		No	_		
GERD	Yes	No	Aspirin	Yes	No	If yes, how much		
Acid reflux	Yes	No	Latex products	Yes	No	Used methamphetamines	Yes	No
Frequent nausea/vomiting	Yes	No	Metals / jewelry	Yes	No	Used amphetamine or speed	Yes	No
Postoperative nausea/ vomiting	Yes	No	Other allergy	Yes	No	Used cocaine or "crack"	Yes	No
Other digestive disorder	Yes	No				Used other recreational drug	Yes	No
			Family History			Are you a recovering		
Cancer History			Has anyone in your family (gra	ındpare	nts,	alcoholic or addict?	Yes	No
Leukemia	Yes	No	parents, siblings, children) ever	had:				
Benign tumors/growths	Yes	No	Problems with anesthesia	. Yes	No	Other		
Cancer	Yes	No	Malignant Hyperthermia?	Yes	No	Down syndrome	Yes	No
			Diabetes?		No	Developmental delay	Yes	No
If yes, what type:			Heart disease?	Yes	No	Mental retardation	Yes	No
If yes, treatment:			Depression/anxiety?	Yes	No	Cerebral palsy	Yes	No
[ ] Surgery			Tuberculosis?	Yes	No	Autism	Yes	No
[ ] Radiation			Bleeding disorder?	Yes	No	ADHD	Yes	No
[ ] Chemotherapy			Sudden unexplained death	Yes	No	Combative / aggressive	Yes	No
[ ] Hormone therapy			Anything else that			Self-abusive	Yes	No
Other cancer	Yes	No	runs in the family?	Yes	No	Surgical:		
			If yes, what?			VP shunt or revisions	Yes	No
Skin History						Vagal nerve stimulator	Yes	No
Any burns to skin?	Yes	No	Miscellaneous			Blood transfusion	Yes	No
,			Lupus erythematosus	Yes	No			
If so, where?			Organ transplant	Yes	No	Women Only		
Eczema	Yes	No	Suppressed immune system	Yes	No	Are you pregnant?	Yes	No
Other skin disorder?	Yes	No	Taken steroids	Yes	No	Is there a chance you		
Current cuts or bruises?	Yes	No	Taken prednisone / cortisone.	Yes	No	could be pregnant?	Yes	No
			Taken prescription diet pills	Yes	No	Are you nursing		
If so, where?						(breast-feeding)?	Yes	No
	Ci	irola tha fall	owing drugs that you are (the pati	iont is)	taking or have	takan		
Heart pills	Ci	i cie tile ion	Oral contraceptive	ient is)	taking of nave	Antibiotics		
			Steroids/Cortisone			Antihistamines		
Nitroglycerin								
Digitals			Hormones Insulin			Cyclosporine A		
Aspirin Blood thinners						Tranquilizers Sleeping pills		
			Diabetic drugs			Antidepressants		
Blood pressure			Thyroid			Annaepressants		
		List al	l medications and doses that the p	atient l	has been presc	ribed:		
The information on this quest	ionnai	re is accura	te to the best of my knowledge and	l withh	olding any inf	ormation can result in injury ar	ıd death	. I
understand that this informat	ion wil	l be held in	strictest of confidence and it is my					
patient's medical status at the		-						
Relationship to patient:			If you are not the patient, are	you a	ble to give leg	gal consent for the patient?	Yes	No
Reviewed by Dr Westerhaus:					]	Date:		

Signature of Patient's Legal Representative

# **Informed Consent and Records Release for General Anesthesia**

Patient Nan	e:	Today's Date:
presented to choices for		
procedure, t specific situ		on or general anesthesia may vary depending on the type of e setting in which anesthesia is provided. Risks may vary with each for your child's anesthesia for their dental treatment, and consult
sleepy follorefrain from will occur in	ving their surgery for as long as 24 hours. As a result, coordinactivities such as driving and children remain in the presence	nausea and vomiting, and phlebitis. Most patients remain drowsy or ation and judgment will be impaired. It is recommended that adults of a responsible adult. Nausea and vomiting following anesthesia flammatory response at the intravenous site. The inflammation mess and a hard lump may be present up to a year or longer.
drugs. I have effects of the Parents are child's parti	e been advised not to operate any vehicle or hazardous device e anesthetic, medications, and drugs. I have been advised not dvised of the necessity of direct parental supervision of their of	nd incoordination that can be increased by the use of alcohol or other for at least twenty-four hours, or until fully recovered from the to make any major decisions until after full recovery from anesthesia. Child for at least twenty-four hours following anesthesia. Limit your tem closely. Children should not swim, bike, skate, etc until fully
hematoma, idamage, or may require minimal sed the least rish patient and d	numbness, infection, swelling, bleeding, discoloration, nausea, neart attack. There are also unknown risks associated with ane hospitalization and may even result in death. I have been madation, moderate sedation, deep sedation, and general anesthesis and general anesthesia the greatest risk. However, it must be	ions of the drugs and anesthesia including but not limited to: pain, vomiting, allergic reaction, airway fire, pneumonia, stroke, brain sthesia. I further understand and accept the risk that complications le aware that the use and risks associated with local anesthesia, a will vary. Of these, local anesthesia is usually considered to have noted that local anesthesia sometimes is not appropriate for every tration usually resolves, however, this may take over one year to heal. t.
memory of		ng: 1) Stress and anxiety are greatly reduced and often there is no a over prolonged periods of time. 3) Pain is lessened or eliminated ng, and circulation.
1) 1 2) 1	s to Dental Treatment Under General Anesthesia:  If the individual can tolerate it and it relieves the patient's anxious not perform any recommended dental treatment. This involumes to underlying permanent teeth.  An oral surgeon can extract teeth that are severely decayed with	ves risks such as infection, pain from decayed teeth and potential
abortion. R confirmed p	ecognizing these risks, I accept full responsibility for informing	rmful to the unborn child and may cause birth defects or spontaneous g the anesthesiologist of the possibility of being pregnant or a postponement of the anesthesia. For the same reason, I understand

Date

**David Westerhaus DDS INC** 

# www.sleeptosmile.com

# **Informed Consent and Records Release for General Anesthesia**

Patient Name:	Today's Date:
regarding my diagnosis, treatment, prognosis and reco	neir agents release to Dr. David Westerhaus and/or his agents any information desired imendations as well as any other data pertinent to my surgery and anesthetic speak with my spouse, parents, guardian, and/or children regarding any phase of
are: the patient will have nothing to eat or drink for at	asting regulations and have ensured that they are followed. These fasting regulations ast 8 hours before the appointment. These restrictions are mandatory for the safety of irect supervision of a parent or guardian during the entire fasting period. The t followed.
explained to me, and any other procedure deemed necessary request the administration of such anesthetic or anesthan independent contractor and consultant. It is the un	authorize and request David Westerhaus DDS to perform the anesthesia as previously sary or advisable as a corollary to the planned anesthesia. I consent, authorize, and ics (local to general) by any route that is deemed suitable by the anesthesiologist, who restanding of the undersigned that the anesthesiologist will have full charge of the nat this is an independent function from the surgery/dentistry.
accept the possible risks and dangers. I acknowledge instructions. It has been explained to me and I unders opportunity to ask questions about my, or my child's, understood that the anesthesia services are completely	sks, benefits and alternatives of local anesthesia, sedation and general anesthesia. I e receipt of and understand both the preoperative and postoperative anesthesia and that there is no warranty and no guarantee as to any result and/or cure. I have had anticipated anesthesia and am satisfied with the information provided to me. It is also adependent from the operating dentist's procedure. The anesthesiologist assumes no nile under anesthesia and that the dentist assumes no liability from the anesthesia
I hereby give my consent for the use of anesthesia as	plained above.
Signature of Patient's Legal Representative	Date
Print Name of Person Signing Above	Relationship to patient
	asequences, and alternatives of anesthesia with the above named patient or patientsk questions, and I believe they understand what has been explained and consents
Signature of Attending Dentist Anesthesiologist: Dav	Westerhaus DDS Date
Witness	Date

# www.sleeptosmile.com

# Financial Agreement: Anesthesia for Dentistry (Adult: 13 years old and older)

		(Adult: 13	years old and older)	
Patient Name:			Service Location / Dental Of	ffice:
				Relationship:
				Appointment Date:
Fee Schedule:		\$800.00	Every additional 15 minutes:	
rec genegaie.	That from of Allesthesia.	\$600.00	Every additional 13 minutes.	\$200.00
	Preoperative Time (30 min) + Surgery	Time (To Be l	Determined) + Recovery Time (30 r	min) = Total Anesthesia Time
	Surgery Time	(N	Total Anesthesia Time  finimum Time: 1 hour 30 minutes)	Anesthesia Fee (Minimum Fee: \$1250.00)
	45 minutes		1 hour 45 minutes	\$1400.00
	1 hour		2 hours	\$1600.00
	1 hour 15 minutes		2 hours 15 minutes	\$1800.00
	1 hour 30 minutes		2 hours 30 minutes	\$2000.00
	1 hour 45 minutes		2 hours 45 minutes	\$2200.00
	2 hours		3 hours	\$2400.00
	2 hours 15 minutes	(F. d. 11	3 hours 15 minutes	\$2600.00
Estimated Fee	2 hours 30 minutes or more	( Each add	litional 15 minutes hereafter adds \$20	00.00) TBD
Estimated Surgery	Time + 60 minutes = Es	stimated Total A	nesthesia Time (See Estimated Anes	sthesia Fee Above) \$
		Subtract \$80	0 Deposit due today for First Hour of	f Anesthesia: - \$800.00
		Estimated Ba	alance Due on Day of Appointment:	\$
the actual total a  Due to non-refundable given prior to th administered as must be receive intervention.  It is in anesthesia servi statement of ser	anesthesia time. Anesthesia time begins we the extensive time, effort and coordination deposit of \$800 is required before the anest an anesthesia appointment, and to reserve a planned because the patient does not appear at least 2 weeks prior to the treatment data amportant that reimbursement for the anest ces. Please contact your insurance carrier vices will be provided to submit to your insurance with the provided to submit to your insurance carrier vices will be provided to submit to your insurance.	when the patient on between the esthesia appoint the time of the cear at the agreed ate. The deposi hesia fee by der to determine we insurance carrier	is seated and ends when recovered a dentist and anesthesiologist necessary ment is confirmed. This is to make condentist and the anesthesiologist. If and time or failure to follow the preoper to will be transferred to anesthesia for antal and/or medical insurance not be a whether coverage is provided for your to the coverage is your to the cover	•
				Relationship:
Cardholder Na	me: (print)		Billing Zip Code: _	Exp Date:on back of card:
Credit Card Nu	ımber:		Security Code	on back of card:
				redit card be rejected or denied by the credit
card company for	any reason, I understand that I must pay Γ	Or David Wester	haus the amounts owed and hereby a	agree to make full payment. I agree to the
			•	and and agree to the estimate of fees, terms and
conditions.	isit and anosinosia roos, cancenation ponel	ios ana reseneut	ming poneios. Thave read, understall	a and agree to the conflicte of feed, terms and
	Signature:		Data.	
	Signature:		Date	<del> </del>