#### **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 these instructions 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 volinting are common following anestnessa. If these symptoms persist beyond 8 nours, 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

Soal Adrian Novaca and comiting are common following anotheric If these symmetry against haven d 0 hours on if you have

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

Patient Name:					Today	's Date:		
Patient Information:								
Date of Birth: /	/	Age:	Height:	Weight:		Contact Phone #: ( )	_	
						State: Zi		
Name of person responsibl	e for pat	ient:	Re	lationshi	ip:	Drivers License #:		
						State: Zi		
						Home Phone #: ( )		
			Cen i none #. ()			110Hie 1 Holle #. ( )		
<b>Doctors:</b> Patient's Primary Care Phy	sician or	Pediatricia	nn:			Phone #: ()		
Date of last physical exam	/ Checkı	ıp:				Fax #: ()		
			Type(s) of Specialist:			Fax #: ()	<u> </u>	
<u>Health History:</u> Date Patient was Last Sick	:		(Circle any Sympto	oms:) Co	ough, Colo	l, Fever, Runny Nose, Sore Throa	t, Ear In	fection
Have you (has the patient)	ever bee	en in the ho	ospital?Yes No F	or What	Reason _			
Have you (has the patient)	ever had	l surgery or	anesthesia?Yes No F	or What	Reason _			
<u>Pati</u>	ent's Me	edical Histo	ory: Please circle the appro	priate re	esponse fo	or the following questions:		
Heart/Blood Vessels Heart murmur	Yes	No	Nervous System Epilepsy	Vac	No	Parathyroid condition Pituitary condition	Yes Yes	No No
Congenital heart defect	Yes	No	Seizure disorder		No	Other endocrine condition		No
Artificial heart valve	Yes	No	Multiple sclerosis		No	o and chaodime condition	105	110
Rheumatic fever	Yes	No	Trigeminal neuralgia		No	Musculoskeletal		
Rheumatic heart disease	Yes	No	Chronic pain		No	Sjogren's syndrome	Yes	No
Heart valve damage		No	Anxiety/depression		No	Arthritis		No
High blood pressure	Yes	No	Alzheimer's disease		No	Artificial joint	Yes	No
Heart attack	Yes	No	Dementia		No	Fibromyalgia/ rheumatitis	Yes	No
TIA / Stroke	Yes	No	Psychiatric treatment		No	Chronic back pain	Yes	No
Heart surgery	Yes	No	Psychological counseling	Yes	No		Yes	No
Angioplasty	Yes	No	Persistent numbness/tingling.	Yes	No			
Vascular surgery	Yes	No	Other nervous system disorde	er. 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		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			Emphysema	Yes	No
Irregular heartbeat	Yes	No	teeth	Yes	No	Cough up bloody sputum	Yes	No
Rapid heartbeat	Yes	No	Headaches		No	Shortness of breath	Yes	No
Other heart / vessel disorder.	Yes	No	Unexplained visual change	Yes	No	Wheezing	Yes	No
Blood			Frequent or severe nosebleeds	Vac	No	Loud snoring	Yes Yes	No No
Blood clots or thrombosis	Yes	No	Persistent sore throat	. Yes	INO	Sleep apnea	Yes	No
Anemia	Yes	No	or hoarseness	Yes	No	Other respiratory	Yes	No
Sickle cell disease / trait	Yes	No	Difficulty swallowing		No	outer respiratory	103	110
Hemophilia	Yes	No	Other head / neck disorder		No	Urinary Tract		
Bleeding disorder	Yes	No		1 20	1.0	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		No	Sexually transmitted disease	Yes	No
			Other thyroid condition		No	Urinary Tract Infection (UTI)	Yes	No
If yes, what type:			Cushing's syndrome	Ves	No	Other urinary disorder	Vec	No

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

Patient Name:				Today'	Today's Date:			
Digestive System			Allergy History					
Hepatitis	Yes	No	Are you allergic to or have you	ever had	l 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
Frequent heartburn	Yes	No	Other antibiotics	Yes	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	ndparent	ts,	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?	Yes	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
	C	ircle the follo	owing drugs that you are (the pati	ient is) t	aking or h	ave taken		
Heart pills			Oral contraceptive	•	•	Antibiotics		
Nitroglycerin			Steroids/Cortisone			Antihistamines		
Digitals			Hormones			Cyclosporine A		
Aspirin			Insulin			Tranquilizers		
Blood thinners			Diabetic drugs			Sleeping pills		
Blood pressure			Thyroid			Antidepressants		
		<u>List all</u>	l medications and doses that the p	atient h	as been pr	escribed:		
	tion wi	ll be held in	strictest of confidence and it is my			information can result in injury a inform Dr Westerhaus of any chan		
Name of person filling out form (Print):				Signature:				
Relationship to patient:			If you are not the patient,	are you	able to gi	ve legal 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 Name:	Today's Date:
not presented to make patients more apprehensive but to choices for anesthesia: 1) Local anesthesia 2) Minimal s	ices and risks involved with having treatment under anesthesia. This information is o enable them to be better informed concerning their treatment. There are basically six sedation 3) Moderate sedation 4) Deep sedation 5) General anesthesia or 6) No gs depending on each individual patient's medical status or needs.
practitioner, the age and health of the patient, and the se	g of general anesthesia may vary depending on the type of procedure, the type of etting in which anesthesia is provided. Risks may vary with each specific situation. for your child's anesthesia for his or her dental treatment, and consult with your
or sleepy following their surgery for as long as 24 hours adults refrain from activities such as driving and childre anesthesia will occur in 15-30% of patients. Phlebitis is	on are drowsiness, nausea and vomiting, and phlebitis. Most patients remain drowsy a. As a result, coordination and judgment will be impaired. It is recommended that on remain in the presence of a responsible adult. Nausea and vomiting following as a raised, tender, hardened, inflammatory response at the intravenous site. The Ewarm moist heat; however tenderness and a hard lump may be present up to a year or
other drugs. I have been advised not to operate any veh effects of the anesthetic, medications, and drugs. I have Parents are advised of the necessity of direct parental su	cause drowsiness and incoordination that can be increased by the use of alcohol or icle or hazardous device for at least twenty-four hours, or until fully recovered from the been advised not to make any major decisions until after full recovery from anesthesia. pervision of their child for at least twenty-four hours following anesthesia. Limit your vity and monitor them closely. Children should not swim, bike, skate, etc until fully in the coordinate of t
hematoma, numbness, infection, swelling, bleeding, dis- damage, or heart attack. There are also unknown risks a may require hospitalization and even may result in deat minimal sedation, moderate sedation, deep sedation, and the least risk and general anesthesia the greatest risk. He	there are complications of the drugs and anesthesia including but not limited to: pain, coloration, nausea, vomiting, allergic reaction, airway fire, pneumonia, stroke, brain associated with anesthesia. I further understand and accept the risk that complications h. I have been made aware that the use and risks associated with local anesthesia, d general anesthesia will vary. Of these, local anesthesia is usually considered to have owever, it must be noted that local anesthesia sometimes is not appropriate for every anesthesia administration usually resolves, however, this may take over one year to an may also be permanent.
	nclude the following: 1) Stress and anxiety are greatly reduced and often there is no llness of the patient over prolonged periods of time. 3) Pain is lessened or eliminated of airway, breathing, and circulation.
<ol> <li>Do not perform any recommended dental treadamage to underlying permanent teeth.</li> </ol>	esthesia: s the patient's anxiety or pain, another level of anesthesia may be used. atment. This involves risks such as infection, pain from decayed teeth and potential werely decayed with or without sedation/general anesthesia.
spontaneous abortion. Recognizing these risks, I accept	d drugs may be harmful to the unborn child and may cause birth defects or t full responsibility for informing the anesthesiologist of the possibility of being ing that this will necessitate the postponement of the anesthesia. For the same reason, I

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 recomm	eir agents release to Dr. David Westerhaus and/or his agents any information desired mendations as well as any other data pertinent to my surgery and anesthetic beak with my spouse, parents, guardian, and/or children regarding any phase of
are: the patient will have nothing to eat or drink for at lea	ing regulations and have ensured that they are followed. These fasting regulations st 8 hours before the appointment. These restrictions are mandatory for the safety of ect supervision of a parent or guardian during the entire fasting period. The followed.
explained to me, and any other procedure deemed necessarequest the administration of such anesthetic or anesthetic is an independent contractor and consultant. It is the und	horize and request David Westerhaus DDS to perform the anesthesia as previously ary or advisable as a corollary to the planned anesthesia. I consent, authorize, and as (local to general) by any route that is deemed suitable by the anesthesiologist, who erstanding of the undersigned that the anesthesiologist will have full charge of the at this is an independent function from the surgery/dentistry.
accept the possible risks and dangers. I acknowledge the instructions. It has been explained to me and I understand the opportunity to ask questions about my, or my child's, also understood that the anesthesia services are completely	ks, benefits and alternatives of local anesthesia, sedation and general anesthesia. I receipt of and understand both the preoperative and postoperative anesthesia d 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 ly independent from the operating dentist's procedure. The anesthesiologist assumes while under anesthesia and that the dentist assumes no liability from the anesthesia
I hereby give my consent for the use of anesthesia as expl	ained above.
Signature of Patient's Legal Representative	Date
Print Name of Person Signing Above	Relationship to patient
	equences, and alternatives of anesthesia with the above named patient or patient's questions, and I believe they understand what has been explained and consents or
Signature of Attending Dentist Anesthesiologist: David	Westerhaus DDS Date
Witness	

## Financial Agraement: Anasthasia for Dantistry

	rinanci	(Adult: 13 years old and older)				
Patient Name: Service Location / Dental Office:						
		ontact Phone #: ( ) App				
Fee Schedu		\$800.00 Every additional 15 minutes: \$150.				
	Preoperative Time (30 min) + Surgery	Time (To Be Determined) + Recovery Time (30 min) =	Total Anesthesia Time			
Γ	Surgery Time	Total Anesthesia Time	Anesthesia Fee			
		(Minimum Time: 1 hour 30 minutes)	(Minimum Fee: \$1250.00)			
	45 minutes	1 hour 45 minutes	\$1250.00			
	1 hour	2 hours 2 hours 15 minutes	\$1550.00 \$1700.00			
-	1 hour 15 minutes 1 hour 30 minutes	2 hours 13 minutes 2 hours 30 minutes	\$1700.00			
	1 hour 45 minutes	2 hours 45 minutes	\$2000.00			
	2 hours	3 hours	\$2150.00			
	2 hours 15 minutes	3 hours 15 minutes	\$2300.00			
	2 hours 30 minutes	3 hours 30 minutes	\$2450.00			
	2 hours 45 minutes	3 hours 45 minutes	\$2600.00			
	3 hours or more	(Each additional 15 minutes hereafter adds \$150.00)	TBD			
	<b>See Calculation:</b> ery Time + 60 minutes = Est	imated Total Anesthesia Time (See Estimated Anesthesia Fe	e Above) \$			
		Subtract \$800 Deposit due today for First Hour of Anest	hesia: - \$800.00			
		Estimated Balance Due on Day of Appointment:	\$			
anesthesia tim  Du  deposit of \$8  anesthesia ap  because the p  weeks prior t  It is  anesthesia se  statement of s  Payment In	ne. Anesthesia time begins when the patient is the to the extensive time, effort and coordination to is required before the anesthesia appointment, and to reserve the time of the dentiatient does not appear at the agreed time or factor that the treatment date. The deposit will be transfer important that reimbursement for the anesther vices. Please contact your insurance carrier the services will be provided to submit to your insurance.  The deposit will be provided to submit to your insurance.  The deposit will be provided to submit to your insurance.	MasterCard, Visa, American Express and Disc	nsible adult.  duling an appointment, a non-refundable is with the instructions given prior to the experiormed or administered as planned forfeit. Forms must be received at least 2 redical intervention.  In general, insurance does not pay forment. Upon request, an anesthesia			
Cardholder N	Name: (print)	Billing Zip Code:	Exp Date:			
Credit Card	Number:	Security Code on back	x of card:			
•		Westerhaus to charge my credit card. Should my credit card				
ompany for an	y reason, I understand that I must pay Dr Dav	vid Westerhaus the amounts owed and hereby agree to make	full payment. I agree to the remittance of			
leposit and anes	•	aling policies. I have read, understand and agree to the estin	nate of fees, terms and conditions.			
	Signature:	Date:	<del> </del>			