Redwood Pediatric Dentistry
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IVGA (General Anesthesia) — Information for Parents

We're so glad to be caring for your child. A little preparation at home goes a long way toward making their procedure safe, smooth, and comfortable for everyone.

1 🌿 Keep Your Child Healthy Before the Procedure

- **Avoid crowds, sick contacts, and unnecessary travel** for 1–2 weeks before the procedure.
- **Even a mild cold** can lead to postponement or increased anesthesia risks — better safe than sorry.

2 🍳 Nutrition Matters

- **Healing depends heavily on protein.** In the days leading up, aim for:
  - Eggs, yogurt, chicken, fish, beans, and lentils

3 💊 Review Medications & Supplements

- **Let us know about all medications and supplements** (including "natural" ones).
- **Some increase bleeding risk:** fish oil, vitamin E, garlic, ginkgo, and ginseng.
- **Medical clearance:** The anesthesiologist will obtain medical clearance from your child's pediatrician prior to the procedure.

4 🏠 Prepare Your Home Ahead of Time

- **Set up a cozy recovery area** with pillows and easy access to the bathroom.
- **School the next day is likely fine,** but your child may want to skip sports practice or strenuous activities.
- **Arrange help with siblings** if needed so you can focus on your child.
- **Good sleep the night before** supports recovery and comfort.

5 🛒 What to Have Ready at Home

- **Soft foods for the first few days:**
  - Yogurt, applesauce, smoothies, mashed potatoes
  - Scrambled eggs, pasta, rice, lukewarm soups
- **Medications — have both on hand:**
  - Children's Tylenol (acetaminophen)
  - Children's Motrin / Advil (ibuprofen)
  - We will guide you on timing and dosing after the procedure.
- **Comfort items:** extra pillows, favorite blanket or stuffed animal.
- **Bedding tip (very helpful!):** If extractions or crowns were done, place a towel or old pillowcase over the pillow to protect bedding from minor overnight oozing.

6 💤 After the Procedure

- **Plan for a quiet, restful day.** Your child may be sleepy, groggy, or a little unsteady — this is normal.
- **Start with small sips of water or clear liquids,** then move to soft foods as tolerated.
- **Avoid crunchy, sticky, or very hot foods** initially.
- **Mild discomfort is normal** (especially after crowns, extractions, or a frenectomy). Use Tylenol and/or ibuprofen as recommended.
- **Light oozing is normal** after extractions or a frenectomy — have your child gently bite on gauze if needed.
- **Oral care:** Gentle brushing can resume that evening or the next day. Avoid brushing directly over extraction sites or frenectomy areas the first day.

📞 When to Call Us

Please reach out right away if you notice any of the following:

- **Persistent vomiting**
- **Fever over 101°F**
- **Heavy or prolonged bleeding**
- **Severe pain not improving with medication**
- **Difficulty breathing**

📞 **(510) 413-7600 • team@redwoodpediatricdentist.com**

🤍 You've Got This — We're Right Here

Most kids do beautifully with IVGA and bounce back quickly. A calm home setup, soft foods, and staying ahead of discomfort make all the difference. Don't hesitate to reach out with any questions before or after — we're with you every step of the way.

References

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Disclaimer: All information reflects the clinical approach of Dr. Niekia Franklin and is intended for general guidance only. Instructions given during your visit always take precedence. • www.redwoodpediatricdentist.com