

### Policy Regarding Parents in Dental Treatment Rooms

1. The clinician will assess a potential patient's ability to tolerate and/or cooperate for dental procedures during the initial patient assessment.
2. Children who are unable to cooperate and/or tolerate required procedures including, but not limited to, sitting in the treatment chair, x-rays, prophylaxis/cleaning, fluoride treatments, and/or administration of nitrous oxide will be referred to a pediatric dentist for further assessment.
3. Children who exhibit a high level of apprehensiveness will be referred to a pediatric dentist for further assessment.
4. Patients (over age 6) whose parents desire to be in the treatment room for the initial patient assessment related to behavior concerns will be referred to a pediatric dentist for further assessment.
5. Only one parent (no siblings or any additional parties) will accompany the patient to the dental treatment room prior to the restorative procedure to be performed by the dentist. Whether the parent can stay in the treatment room while procedures are performed is based on the behavior of the child and the parent during the procedure and limited to the dentist's discretion. At subsequent visits the parent will be asked to accompany the child to the treatment room at the dentist's discretion. Studies show that children behave better when parents are out of sight. Parents are asked to stay clear of clinicians and equipment during procedures. Safety is a huge concern for your child and not providing a clinician with adequate space to perform their job properly is a safety concern. If the clinician becomes concerned, the parent will be asked to wait in the reception area.
6. Parents will accompany the dentist to the treatment room prior to any extraction procedure at which time a surgical consent will be signed by the parent and post-operative instructions will be delivered. Parents will return to the reception area prior to an extraction procedure being performed. Patients unable to sit for this procedure will be sent to a pediatric dentist for further evaluation.
7. Patients who are unable to cooperate/tolerate operative and/or extraction procedures will be referred to a pediatric dentist for further evaluation.
8. Nitrous Oxide, more commonly referred to as laughing gas, can be used as an adjunct to local anesthesia. Nitrous Oxide is a mild sedative that is inhaled. Although children will feel more relaxed while on the gas, local anesthesia numbing is still necessary, and your child will still feel and likely react to the numbing injection. If the parent feels like it will be difficult for them to watch this normal reaction, the parent will be asked to wait in the reception area.

---

Parent / Guardian Signature / Date

---

Capehart Family Dentistry Representative / Date

## **PREPARING FOR YOUR CHILD'S DENTAL VISIT**

You are welcome to be present for your child's treatment. However, studies show that children (even as early as age 3) do better for their restorative (filling) or extraction visits when parents stay in the reception area. If you do choose to come to the back, we ask that you are a silent observer in our treatment. It is difficult for a child to focus and follow directions if there are several adults giving directions at the same time. Allowing the dentist to do his/her job shows your child that you trust the clinician and that it's ok for your child to trust them too. Space is also a safety concern which is why we ask to give the dentist plenty of room to safely treat your child's condition. You will be asked to remain away from the clinical chair and your child may not sit on your lap during the procedure. The parent's presence in the treatment is solely up to the discretion of the doctor.

The clinical team and doctors will show and explain every step so that your child will understand. We will use gentle, age-appropriate, non-scary language and encourage you to do the same prior to your child's appointment.

If possible, please do not bring siblings along for filling visits. They are distracting for the doctors, staff and your treatment child. We understand that sometimes siblings must attend visits, please plan on waiting in the reception area with the patient's siblings during the procedure. The dentist will update you with any pertinent information and post-operative instructions after the procedure.

## **YOUR CHILD'S APPOINTMENT**

Please do not tell your child they are getting a "shot". Shots hurt at the pediatrician's office and using this word will unnecessarily scare them for their dental injection. We prefer to call it "sleepy spray" or "sleepy juice" or even "freezing the tooth." Most children tolerate dental shots very well and usually don't even know they received an injection, especially when they are calm and relaxed.

Attitude is everything. Studies have shown that children sense their parents' anxiety about their own past dental experiences and this directly impacts their apprehension level and ability to tolerate treatment. Please try to be positive and reassuring without relaying anxiety. Refrain from telling negative stories or saying negative things about the dentist or past provider or experiences that you have had. Be aware of your emotions and reactions. Remaining positive will encourage your child to do the same, while a negative reaction may create unnecessary dental anxiety.

Try not to use words that may alarm your child or make them wonder if something is wrong during treatment. Examples include: "Does it hurt?", or "I'm sorry." Alternatives are: "Good job" or "I am so proud of you."

## **AFTER YOUR CHILD'S APPOINTMENT**

Continue positive reinforcement after the dental visit. This makes your child feel good about herself/himself and encourages positive future visits. Please refrain from referring to the dental visits as a punishment to encourage proper regular oral hygiene. Continue to use positive reinforcement and education to encourage your child to use proper oral hygiene at least twice daily. Letting children choose their own toothpaste, mouth rinse and/or brushes can make brushing and flossing more fun. Even a reward of an electric toothbrush can be motivating for a child depending on the age of the patient.

If you have any questions regarding the procedure, please **contact us before the day of the appointment** so that we may devote the entire appointment time to your child's treatment.