

Oral Procedures in Children



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Your child may have recently complained of tooth pain caused by decay. Perhaps during the last check-up, the dentist or orthodontist recommended extraction of a baby or adult tooth for orthodontic reasons. Maybe an adult canine tooth is stuck and/or coming in the wrong way and needs correction. Sometimes, a child needs treatment for injury in the mouth or on the face. These are some of the most common reasons oral surgeons see children under age 13. Of course, you may have some concerns or questions about the recommended treatment and want to make certain it is appropriate, and that the procedure can be done safely and quickly without traumatizing your child. Dr. Kazemi has special training in the treatment of children and has worked extensively with many orthodontists and pediatric dentists for the care of their patients. Here are some relevant concerns or questions you might have about your child's oral surgery.



Why remove baby teeth in children?

A baby or primary tooth with large decay may be restored if the decay occurs at a very early age. Pediatric dentists are the appropriate specialists for such treatments. However, if the tooth is deeply decayed, is causing significant pain or is infected, extraction is often the best treatment option. A space maintainer may then be recommended depending on the tooth and age of your child.

Another reason for extraction of primary teeth is for orthodontic reasons. Your child may be in the mixed dental phase, where some adult teeth have already come in or are on their way. Occasionally, due to tight spacing, the adult teeth get stuck or begin to come in

incorrectly. Extraction of selected baby (primary) teeth during the developmental age help to minimize crowding of the adult teeth later and improve alignment in the mouth. Any baby tooth may be extracted for this purpose, although the canine teeth (#C, H, M, R) are the most common. This adjunctive procedure may help to shorten future orthodontic treatment.

Why remove adult teeth in children?

Sometimes, the jaw size is so restricted that there simply isn't enough room for all the adult teeth to come in properly and therefore may cause the teeth to become crowded. When children reach age 12 or 13, orthodontists may recommend extraction of the first premolars to help create adequate space for the adult canines and other teeth. Typically all four premolars are extracted at the same time. Teeth crowding may also be due to jaw size problems. In this case, the orthodontist may choose to keep all the permanent teeth, align them orthodontically and then recommend a jaw correction procedure.

What is canine exposure and why is it necessary?



The adult canine teeth erupt between the ages of 12 to 14. However, they may become impacted, stuck, or misaligned during the development phase. The

orthodontist will often request what is called a “canine exposure” to be done by the oral surgeon to aid in realigning the canine tooth.

A canine exposure is a 30-minute procedure, often performed under IV sedation or nitrous oxide, and usually heals in five to seven days. The surgeon exposes the tooth surgically then attaches a bracket with a special chain that is used later by the orthodontist to guide the canine in the mouth using orthodontic techniques. This procedure is recommended to help align the canine in its proper position and avoid potential damage to adjacent teeth that can occur when it is left impacted.



How are injuries managed in children?

Children fall often and occasionally can suffer cuts and bruises to the face and mouth. When this happens, you may call Dr. Kazemi immediately for evaluation in the office and avoid the emergency rooms. Skin and gum lacerations can be easily repaired.

Traumatized baby teeth that cannot be saved can also be extracted using IV sedation or nitrous oxide. More significant injuries, such as jaw fractures, will require treatment in a hospital. Dr. Kazemi is on staff at both Suburban Hospital and Washington Hospital Center.

What is the best treatment approach?

It is best to extract all recommended teeth by an oral surgeon at the same time. The exposure of a canine is often done at the same time the baby canine tooth is removed. Any injuries must be managed immediately, either in the office or hospital as indicated. Most procedures take 10-15 minutes. If IV sedation is administered, there will be a 30- to 45-minute recovery before a child can go home. With nitrous oxide (laughing gas), no recovery is necessary and a child may go home immediately.

Are these procedures safe?

Procedures on children are safe and predictable when performed by a trained, skillful, and experienced oral surgeon using specialized instruments and techniques. Dr. Kazemi specializes in pediatric related procedures and has performed them successfully on thousands of children and teens.

The office is designed and equipped for surgical procedures for children, and the team assisting Dr. Kazemi is trained specifically for such procedures. Methodical, exacting, and detailed protocols are followed strictly to make sure every child is safe, comfortable, and has a remarkable experience.

What about children on medications for ADHD?

Many children are on medications for ADHD (such as Ritalin). These medications do not impose any problems with respect to surgery, anesthesia, or post-operative medications, and they may be continued as prescribed.



Managing your child's anxiety

Anxiety is not uncommon among children, especially if they have had bad experiences previously. We resolve this in several ways. First, the use of child-specific IV sedation allows them to take a nap during the procedure. This helps to make them comfortable and reduce anxiety. Second, they will be cared for by a group of professional staff members who take the time to personally connect with each child and allay their fears and concerns. Your child is given full “perceived” control of the events that take place and they approve each step along the way. At no time is a child ever held down, talked to loudly, or strapped. These methods are outdated and ineffective. Finally, the procedure is done in a conservative fashion to help minimize or avoid swelling, pain, and complications that others report as bad experiences.

What is the best anesthesia option for children? Is it safe?

A person's dental experience as a child greatly affects their outlook and confidence in dentistry as adults. The best way to manage your child's anxiety and assure a non-traumatic experience is to have a child-specific IV sedation form of anesthesia. It is the most recommended option and chosen by many parents. However, for very minor procedures in older and more cooperative children, nitrous oxide (laughing gas) and local anesthesia may be adequate. In the very young age group (age 3 to 5) an intramuscular dose of certain medications can also be sufficient. Dr. Kazemi is trained and licensed in administering office anesthesia safely and effectively. You can rest assured that Dr. Kazemi and his well-trained staff monitor children continually, and make sure that only enough anesthesia is given for the duration of the procedure.

IV sedation is a very safe and predictable option for healthy patients when administered by an experienced clinician with proper training and accepted protocol. The patient is continually monitored during anesthesia and emergency equipment is kept on hand. The medications used have a long history of safety and are short-acting. Anesthesia is also safe in patients with respiratory problems or cardiovascular disease, providing that precautions are taken. To avoid possible airway compromise, patients with severe upper respiratory issues, such as severe cold with stuffy nose and productive cough, are advised to postpone the surgery until they feel better.

Our facility is equipped with emergency equipment and medications, and the entire team is trained to manage any possible complications quickly and properly. The surgeon is CPR and ACLS certified and can effectively and quickly manage any complications that arise. Suburban Hospital is in close proximity in the event additional assistance is required.

What is the expected recovery?

- **Pain:** The level and duration of pain generally depends on the complexity of the surgery, technique, and child's tolerance. Most children complain of very little of pain after extractions and other minor oral surgery procedure and do not require any pain medications. Ibuprofen (Advil) or acetaminophen (Tylenol) are certainly adequate for relief of most types of discomfort in children, and may be necessary for one to two days. Very rarely do they need a stronger medication such as Tylenol with Codeine.
- **Swelling:** No swelling is expected with extractions in children, unless the tooth is unusually impacted or malpositioned. There can be some swelling in the event of injuries, which usually resolves in seven to 10 days.
- **Diet:** Upon arrival home, children may have some water, juices, soups, purees, shakes, and very soft foods. A soft diet is recommended for up to three to five days. No hard, crispy, or very spicy foods should be eaten during this period. The general rule is: if they have to chew it, it's probably too hard. After five to seven days, patients may gradually return to normal foods.
- **Activity:** Parents should make sure that their child gets plenty of rest on the day of the procedure. Some children feel quite well even on the day of extraction and can resume gentle activities. If IV sedation was given, it's best to rest on the day of surgery and resume some activities on the following day. No sports for two to three days.

Show & Tell Your Child



Hi, I am an unhappy tooth today.
Maybe because I feel a little sore. Or maybe my bigger brother or sister adult tooth wants to come in, but they can't because I am standing in front of them.



Hi, My name is Doctor Happy Tooth and I am going to help your sad tooth become happy again.

Before I do anything, I will ask your permission and wait until you say: 'OK'. What do you think?

First we'll give you a little funny gas that makes you laugh and very happy. Then we'll make your tooth a little sleepy and like magic the sad tooth will be gone! It all takes a few minutes.

I am the Tooth Fairy and I have a little gift for you for helping to make your teeth happy again.



Thank you for helping me be happy again. Now you can use me to eat your favorite foods and keep your other teeth happy too.

Remember to always keep brushing and keep your teeth happy and smiling.



Planning Your Visit



Planning the procedure around your schedule:

We understand that taking time off work for your child's surgery may be challenging for parents. Therefore, we have designed the **All-In-One Visit** program that provides both consultation and surgery on the same day. Post-operative follow-up, although always recommended, can be done via telephone or e-mail if the sutures are dissolvable. Not only does this save time, it's also a great arrangement for your family. Forms are completed prior to your visit on our website or by fax. These prearrangements make it easy to have diagnostic X-Rays, consultation, and surgery completed as planned **all on the same day**. Finally, in five to seven days, Dr. Kazemi will check up on your child's progress via phone or e-mail. As a convenience, prescriptions are available right in our office. We offer a flexible appointment schedule, Monday through Friday between the hours of eight and five, and early morning or late-day appointments per special arrangements. Weekend appointments are available with our VIP and presidential service packages and can be reserved per special arrangements.



What you can do during your child's procedure:

Parents can relax in our lounge and enjoy a cup of tea or coffee and read a wide selection of magazines. Or take advantage of our free Wi-Fi computer lounge to check e-mails and browse the internet on either your computer or ours. If you feel comfortable leaving, you can also take a stroll on Bethesda Avenue and visit the many stores, coffee shops, and restaurants. We'll give you a call when surgery is complete so you can return to the office and join your child in the recovery room.

Information that we need prior to the procedure:



- Patient registration form, medical history, and signed HIPAA forms. All forms may be completed online or sent by fax prior to your visit.
- Referral form from your dentist indicating the recommended wisdom teeth for extraction and other treatments.
- Panoramic X-ray done within the past six months. Your dentist may send it to us electronically or give you the film to bring. If you don't have a panoramic X-ray, we can obtain one in our office.

What are the cost, payment options, and insurance protocol?



The cost depends on type of procedure, the number of teeth being extracted, the degree of difficulty, and the type of anesthesia. Once an X-ray has been reviewed and treatment plan completed, the exact cost will be discussed. Wisdom teeth extraction and anesthesia are often considered under dental insurances. We have several payment options including short- and long-term plans. Those with insurance may choose to pay the surgical fees and receive reimbursement directly from their insurance company, or pay an approximate co-pay and we will submit the necessary claims. If you need special financial assistance to prepare for your desired procedures, a separate consultation appointment is recommended.

About Dr. H. Ryan Kazemi



Dr. H. Ryan Kazemi is an oral and maxillofacial surgeon certified by the American Board of Oral and Maxillofacial Surgeons. He received his dental degree from the University of Pennsylvania, School of Dental Medicine in 1990. Following a one-year internship at the Albert Einstein Medical Center in Philadelphia, he pursued surgical training at The Washington Hospital Center in Washington, DC, where he received his certificate in Oral and Maxillofacial Surgery. Dr. Kazemi has practiced in Bethesda, Maryland, since 1997, providing a full spectrum of oral and maxillofacial surgery procedures with emphasis on extractions, dental

implants, bone grafting, and corrective jaw surgery.

Dr. Kazemi is a diplomat of the American Board of Oral and Maxillofacial Surgeons, and an active member of the American Association of Oral and Maxillofacial Surgeons, American College of Oral and Maxillofacial Surgery, Academy of Osseointegration, American Dental Association, and Entrepreneur Organization.

He has served as the founder and president of several dental and implant study clubs in the Washington, DC, area. Dr. Kazemi has published and lectured extensively on dental implants, bone grafting, and practice management. His newsletter, *To-The-Point*, is read by more than 2,000 dentists every month. He is also the founder of DDSForums.com, a professional networking site for dentists.

Dr. Kazemi serves on the medical staff for D.C. United, the major league soccer team in Washington, DC and the US national soccer team for the care of their athletes.

What sets us apart:

- Treatment by board-certified oral surgeon
- Predictable results
- Speedy recovery
- Flexible scheduling
- On-time appointments
- Safe and comfortable atmosphere
- Warm and personable service
- Quick access and response when you need us



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