



PRE-OPERATIVE INSTRUCTIONS FOR ORAL SEDATION

To try to make your child's dental experience a pleasant one, your child will be given a moderate sedative. This medication, or combination of medications, will relax your child and enable him/her to cooperate for the best possible results. Moderate sedation is commonly used to aid children in providing a tranquil setting for therapy.

It is **extremely important** that your child have an empty stomach during the treatment so the medication will work best with the fewest number of side effects that can accompany an anxious patient (vomiting). For this reason, our office reserves our morning appointments for our young patients requiring moderate sedation. A general rule of thumb is to refrain your child from any food and drink after midnight the night before their appointment. ***If your child has ate or drank, we will be unable to sedate them.***

Please be prompt for your appointment because it takes approximately 1 hour for the sedation to take effect.

To help you understand the sedation procedure, here are some important points to remember:

- 1) Please notify our office if your child develops a fever, a productive cough, and/or heavy nasal drainage/congestion within 24 hours of the appointment.
- 2) ***Oral sedation does not work for everybody and it does have limited effects.*** Pediatric conscious sedation is provided to relax your child but it is not a deep sedation. The goal is to provide a more comfortable experience for your child and an easier environment to perform dental treatment. You should expect that your child will be awake for most of the sedation and responding to the doctor and assistants. Your child may also fall asleep. Please remember that the medication is only a sedative and not a general anesthetic so numbing your child with local anesthesia is still necessary to perform dental treatment.
- 3) Daily Medications: If your child takes daily/routine medications such as seizure medications, antibiotics, ADHD medications, asthma medications, or other medications prescribed by your child's physicians, ***please discuss this with the doctor.***

Preparation Before Arriving To Our Office:

- a) Your child ***MUST*** be accompanied by a parent or legal guardian for all sedation appointments. If possible, do not bring any other children with you, especially younger children, to the sedation appointment. If you have other children with you, another adult is needed to accompany you so full adult supervision is provided to your sedated child.

Post Operative Instructions:

- 4) Following the appointment, your child may be groggy and may want to sleep once he/she is home in a comfortable environment. Some children exhibit upset behavior, crying, and be combative and/or angry. Monitor your child for the remainder of the day to ensure your child's airway is open and that he/she is breathing properly. It is appropriate to let him/her sleep, yet it is most important to wake your child and encourage them to drink clear fluids. Carefully observe your child's activities for the remainder of the day. Remember, your child's balance is once of the last reflexes to return to normal.
- 5) You and your child will remain in our office after treatment until your child is awake, alert, and can sit up, and move with minimal assistance.
- 6) Because local anesthesia may have been used to numb your child's mouth during the procedure, your child may want to accidentally chew the lips, cheeks, and/or tongue and/or scratch or rub the face after treatment. ***Please observe your child very carefully 2-3 hours after treatment.***
- 7) Your child **MUST** be supervised by a responsible adult after leaving our office. The adult should watch for any breathing difficulties.
- 8) Your child will have had a long day so far so expect your child to be tired and fatigued. Your child may fall asleep and it's important to monitor your child. Please keep your child's chin up as they sleep to keep their airway clear and arouse your child every 15 minutes to prevent a deep sleep.
- 9) Your child must be carefully secured in a car seat or by a seatbelt during transportation. If there is an accompanying adult, the adult should sit in the back of the car to monitor the child.
- 10) Do not plan any activities for your child after treatment. **No returning to school/daycare.** Allow your child to rest and closely monitor the rest of the day.
- 11) Your child will continue the recovery period for about 2 hours after leaving the office. Your child may become unruly throughout this time, which can be expected.
- 12) A small amount of bleeding from the gums around the teeth that were treated can be expected and should stop within 24 hours. Having your child apply biting pressure with gauze/cotton will help decrease any bleeding. Any minor discomfort your child experiences can be alleviated with Children's Ibuprofen, preferably given 45 minutes to 1 hour after treatment so that your child is still comfortable after the numbness wears off.

13) Contact Our Office Immediately If:

- a) Difficulty breathing
- b) Difficult to arouse/awaken your child
- c) Uncontrollable behavior
- d) Rash or allergic reaction noticed
- e) Vomiting persists more than 4 hours or more than 3-4 times
- f) Persistent bleeding where dental treatment was performed
- g) Any other matter causes concern

Super Smiles Dentistry Phone Number:

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Dr. Chad's Emergency Phone Number:

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