



Instructions to Follow After Your Child's Sedation

Your child cannot go to school or daycare and should be transported home immediately after treatment. Use a properly fitted car seat, booster seat or other car restraint device that includes the seatbelt. Ensure the correct upright posture of your child on the trip home. Watch child to make sure of no self-inflicted injury. If possible, you should be accompanied by an additional adult to ensure that your child is monitored closely, as he/she will be very drowsy. Once home, your child will still be drowsy and must remain under adult supervision until fully recovered from the effects of the sedation. If your child wants to sleep, position your child on his/her side with the head supported and the chin up.

Limit Activities

Your child may be drowsy for some time after the sedative appointment. Restrict activities for the remainder of the day. Prohibit potentially harmful activities such as bike riding, swimming, using playground equipment, or any activity where balance is important.

Numbness – CAUTION!

In addition to the sedative medications, we use local anesthetic to numb the mouth during dental treatment. The numbness usually lasts 2-4 hours. Watch to see that your child does not bite, scratch, or injure the cheek, lips, or tongue during this time. If your child does unintentionally injure himself/herself, it is normal within 48 hours for swelling to occur inside the mouth as well as the lips. This can be treated with popsicles or a cold compress.

Irritability/Discomfort

Children may be irritable after treatment. If this occurs, stay with your child and provide a calm environment. If you believe the irritability is caused by discomfort, you may give your child acetaminophen (Tylenol®) or ibuprofen (Motrin®, Advil®). Follow the instructions on the bottle for dosing based upon your child's age/weight.

When/What to eat?

Once your child is alert, you may give him/her sips of clear liquids to prevent nausea and dehydration. Small drinks taken repeatedly are preferable to large amounts. The first meal should be something light and easily digestible (ex: soup, Jell-O®, apple sauce). Do not give fatty or spicy foods (ex: French fries, tacos, salsa, milk, cheese or yogurt).

Hygiene

YOU MUST BRUSH YOUR CHILD'S TEETH 2-3 TIMES DAILY INCLUDING THE DAY OF TREATMENT!
Your child's mouth may be sensitive, and bleeding will most likely occur, but this is normal and will subside with time and regular cleaning. **NOT BRUSHING WILL SIGNIFICANTLY INCREASE THE AMOUNT OF DISCOMFORT AND INFLAMMATION!**

Nausea/Vomiting

Nausea and vomiting are occasional side effects of sedation. If vomiting occurs, immediately clear the material from your child's mouth. If vomiting persists for more than four hours, please call or text our office (479) 326-7551.

Fever

A slight fever (temperature to 100.5°F) is not uncommon after sedation. You may give your child acetaminophen (Tylenol®) or ibuprofen (Motrin®, Advil®). Follow the instructions on the bottle for dosing based upon your child's age/weight. Because dehydration may cause a slight increase in temperature, clear fluids may help correct this condition. If a higher fever develops or the fever persists, call or text our office (479) 326-7551. Please keep in mind that your child has been through a dental procedure, and your child can be irritable, cranky, tired, groggy, and uncoordinated.