



## CONSCIOUS ORAL SEDATION TREATMENT POST OPERATIVE INSTRUCTIONS

\_\_\_ Please do not plan any stops or errands on your way home from treatment. Your child needs to be closely monitored in the time following his/her procedure.

\_\_\_ Two adults should be present for the ride home after treatment. One adult should be able to observe the child's breathing without any distractions, especially if the patient falls asleep while in the car or safety seat.

\_\_\_ If your child wants to take a nap on the way home, it is very important that you keep your child's chin up and away from his/her chest.

\_\_\_ 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. During this period, check your child's breathing and airway every 3-5 minutes. If your child is snoring, reposition the head until the snoring disappears and your child breathes normally. If breathing becomes abnormal or you are unable to arouse your child, contact emergency services (CALL 911) immediately.

\_\_\_ Nausea and vomiting are occasional side effects of sedation. If vomiting occurs, immediately clear the material from your child's mouth. Once again, be sure that breathing is normal. If breathing becomes abnormal or you are unable to arouse your child, contact emergency services (CALL 911) immediately. If vomiting persists for 20 to 40 minutes, contact our office immediately.

\_\_\_ Your child may be drowsy for some time after the sedation 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.

\_\_\_ In addition to the sedative medications, we often 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.

\_\_\_ 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.

\_\_\_ 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 (eg, soup, Jell-O®, apple sauce). Do not give fatty or spicy foods (eg, French fries, tacos, salsa, milk, cheese, yogurt).

\_\_\_ 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 our office.

\_\_\_ Please feel free to call the office for any questions or concerns that you might have. (972-820-2022)

Your child had the following sedative today:

- \_\_\_ Demerol and Hydroxyzine
- \_\_\_ Versed
- \_\_\_ Hydroxyzine only
- \_\_\_ Valium

Your child had the following treatment:

\_\_\_ Sealants: This preventative treatment places a protective coating over the tops of his/her back teeth to help fill in the pits and grooves where food can be caught. Your child can eat and drink right away. However, please do not allow them to chew ice or any other very hard substance (hard candy, etc), as it may chip away at the protective coating.

\_\_\_ Amalgam (Silver) Filling: Please do not allow your child to eat anything sticky or hard (ie: potato chips, sticky candy, crunchy cereal, popcorn, raw carrots/apples) for the next 24 hours. The restoration is still hardening in the tooth and is susceptible to breaking for the next 24 hours. Resume normal brushing this evening and normal flossing tomorrow.

\_\_\_ Composite Resin (Tooth-Colored) Filling: Please have your child resume normal brushing and flossing this evening. Your child may experience sensitivity to hot and cold for 4-6 weeks.

\_\_\_ Glass Ionomer (Tooth-Colored) Filling: Please have your child resume normal brushing and flossing this evening. Your child may experience sensitivity to hot and cold for 4-6 weeks.

\_\_\_ Stainless Steel Crown: These crowns go below the gum line. As a result, the gums around the crowns will be sensitive to brushing and flossing for 1 to 2 weeks. In order for the gums to heal quickly, it is important that your child resume normal brushing and flossing this evening even though there may be some discomfort.

\_\_\_ Composite Resin or NuSmile Crown: These crowns go below the gum line. As a result, the gums around the crowns will be sensitive to brushing and flossing for 1 to 2 weeks. In order for the gums to heal quickly, it is important that your child resume normal brushing and flossing this evening even though there may be some discomfort. Also, please do not allow them to bite into anything hard with their front teeth. Examples of things to avoid biting into are: corn on the cob, apples, pizza crust, carrots. These items and ones of similar consistency should be cut up and chewed with the back teeth. Biting into these items could result in a fracture of the crown.

\_\_\_ Extraction: Please ask your child to bite down on a wet gauze bandage for 15 minutes, changing as needed. Bleeding usually stops within 30-60 minutes. Feed your child softer foods for the rest of the day. Do not let your child brush his/her teeth, or rinse or spit vigorously for the rest of the day. However, it is important to start brushing again tomorrow to keep the mouth clean. Do not let your child drink through a straw or drink any carbonated beverages for 48 hours.

\_\_\_ Space Maintainer: It usually takes about 2 days to adjust to the feeling of the space maintainer. You may notice some changes in speech and/or swallowing; these will resolve within a week. Please do not allow your child to play with this appliance while he/she gets used to it. The space maintainer will be evaluated at each cleaning appointment, and will remain in place until the adult tooth erupts.

*If your child experiences discomfort, give them what you normally give them for pain (for example Children's Tylenol if they have no allergies to this). Avoid aspirin. If your child experiences severe pain or bleeding, please call our office immediately at (972)820-2022!*

I acknowledge receiving, reading, and fully understanding the above statements and policies.

Print Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_