

CONSCIOUS SEDATION INSTRUCTIONS

Our goal is to provide high quality care and a positive experience for your child. In selected instances sedation is recommended in order to help accomplish these goals by making the dental visit easy and as comfortable for your child as possible. Sedation usually involves the use of several drugs together, and the particular combination and dosage of these selected drugs is individually tailored to your child's needs. Use of sedation will generally help relax and relieve fear and anxiety. Though we DO NOT put children to sleep, they often nap lightly.

In order to help insure the success of the sedation appointment, your understanding and cooperation of the following is necessary:

Eating and Drinking: Do not give your child anything to eat or drink for six (6) hours prior to dental appointment. Small amounts of clear liquids ONLY (example – water, apple juice) are acceptable up to two (2) hours before the appointment. This aids absorption of the drugs and helps avoid vomiting and resulting complications during sedation.

Medications: Do not give your child any medications before or after the sedation appointment unless the medical doctor has prescribed them.

Change in Health: Notify us if there is a change in your child's health (for example, a cold) during the week prior to his/her visit.

FOLLOWING SEDATION

Symptoms: The symptoms that your child may experience after treatment are as follows:

1. tired, sleepy
2. dizziness and lack of coordination
3. young children tend to be cranky because they fight being tired
4. itchy eyes and nose

These symptoms may last 3-4 hours after leaving the office.

Numbness to lips and tongue: When a child is numb, he may pinch and chew on his lips, cheeks or tongue. Watch him/her carefully and try to deter them from playing with the numb area.

Getting Home: Please use proper restraints when driving home (car seat and seat belts.)

Napping: Most children tend to go home and take a nap. It is recommended that they sleep on their side or stomach (not on their back.) Check on him/her every 30 minutes while they are napping.

Activities: Do not allow your child to engage in active play (running, jumping, climbing, riding bike.) Make the day of the appointment quiet and relaxed. We do not recommend sending your child to school after the sedation appointment.

Drinking and Eating: Delay solid foods which require chewing until the numbness wears off. Liquids or soft foods which do not require chewing (yogurt, pudding, soup) are recommended until the numbness is completely gone, then solid foods may be eaten. Avoid rich, heavy foods for the rest of the day.

Please report to the office on _____ at _____ o'clock for the medication and treatment will begin at about _____ o'clock.

These appointments are limited in number and require a 2 hour reservation in our office schedule. It is required that you notify our office 48 hours prior to the appointment if you will not be attending. A fee may be applied if we are notified less than 48 hours prior to your appointment.

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