

### **Getting Home:**

The child should be carefully secured in a car seat or by a seatbelt during transportation and closely watched for signs of breathing difficulty.

### **Activities:**

**DO NOT** plan or permit activities for your child after the treatment, especially outdoors. Allow your child to rest. Closely supervise any activity for the remainder of the day.

### **Drinking or Eating after Treatment:**

Ice cream or a milk shake will help settle your child's stomach. Children's Tylenol® or Advil® should be given before the numbness wears off. Soft food (not too hot) may be taken when the child appears alert and the signs of numbness are gone. Otherwise, there is a risk of choking on the food or biting the lip or tongue.

### **Temperature Elevation:**

Your child's temperature may be elevated to 101°F /38°C for the first 24 hours after treatment. Tylenol or Advil every 3-4 hours and fluids will help alleviate this condition. A sustained temperature above 101°F / 38°C is cause to notify one of the Doctors.

### **Seek Advice:**

1. If there is any difficulty in breathing.
2. If the child's temperature remains elevated beyond 24 hours.
3. If vomiting persists beyond four (4) hours.
4. If bleeding from tooth extractions persist after four (4) hours. Loss of blood from extractions is normal and there might be some blood on the child's pillow in the morning.
5. If any other matter causes you concern.

**Please note: if you need to cancel or change an appointment for any reason, 2 business days notice is required, excluding weekends and holidays!**

# **Sedation Appointment: Instructions for Parents**



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**It is important for your child's safety that you follow these instructions carefully.**

**The goal of sedation is a controlled minimally depressed level of awareness used to facilitate the provision of quality care and promote patient welfare and safety.**

### **Change in Health:**

Any change in your child's health, especially the development of a cold or fever, within seven (7) days prior to the day of treatment, is very important. Inform the office prior to the appointment day.

### **Medications:**

**DO NOT give your child any other medications, before or after treatment, without checking with the Doctors or staff.**

Regular morning ADD/ADHD medications are usually recommended to be taken with a small sip of water. Report all medications that your child is taking or a change in those medications, to the Doctors immediately.

**Early to bed for a well rested child is helpful.**

### **Eating and Drinking:**

To avoid vomiting and serious complications during treatment with sedation **DO NOT** allow your child any food or drink (even water) after midnight the night before.

### **Arriving:**

A parent or guardian must accompany the patient to the office and must remain until the treatment is completed. Plan to arrive early for your child's appointment.

### **Clothing:**

Dress your child in loose, light clothing so that monitoring vital signs and administering medications is easier. No nylon warm-up suits, and please do not dress girls in tights.

### **During the Sedation Appointment:**

Your child will be given a combination of liquid medicines (or an injection or nasal mist if you or the Doctors feel the child will not take the liquid medicines well) which will make the child groggy and disoriented. After a specified amount of time, your child will be brought back to the treatment area without you. This is so that we can give your child our complete attention, minimize disruptive behavior, and help limit use of more potent sedative agents which may have more side effects. A Papoose Board® will be used to help keep your child safe and still. Nitrous oxide (laughing gas) and local anesthetic will be used to help make sure the child is as comfortable as possible. Your child may or may not go to sleep - this is "conscious or moderate sedation." We will carefully monitor vital signs throughout the procedure.

Due to heightened levels of anxiety, some children need additional medications to achieve sedation. The Doctor will carefully evaluate each child and administer the appropriate medication if necessary.

A few children have such high levels of anxiety that no amount of additional medication will safely relax them. If this occurs the Doctor may discontinue treatment and reschedule the child for general anesthesia.

As soon as the procedures are completed the child will be returned to your care and the appropriate instructions will be reviewed for the child's discharge.