



POST-SEDATION INSTRUCTIONS FOR DENTAL TREATMENT

Your child must be watched closely for the next few hours. Please follow our recommended guidelines.

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

- Grogginess, tiredness and sleep
- Dizziness and lack of coordination
- Young children tend to be cranky because they fight being tired
- Itchy nose

These symptoms will last **2-6 hours** after leaving the office. Watch for lip/cheek/tongue biting or picking at the face due to the numbness from the local anesthetic. Your child's stomach may feel upset for the next few hours. If vomiting occurs, keep your child's throat clear by holding the head down or to the side during vomiting. The child's temperature may be elevated to 101°F/38°C for the first 24 hours after treatment. Tylenol every 3-4 hours and fluids will help alleviate the condition. Temperature above 101°F/38°C is cause to notify this office.

GETTING HOME: Please use proper restraint for you child when driving home (car seat or seat belts). We recommend you to bring a second responsible person to watch your child in the care while driving home.

AT HOME: It is best to keep your child awake for two hours following the appointment. Your child may be disoriented and stagger while walking for the next few hours. Watch closely and do not leave your child unsupervised for the rest of today. Your child should be able to return to school or day-care tomorrow.

NAPPING: Most children tend to go home and want to take a nap. Gently awaken him/her, but do not be disturbed if your child returns to a nap for as long as 4-5 hours. Do not allow your child to sleep with the chin dropped down towards the chest – this could prevent adequate breathing.

ACTIVITES: If your child goes home and doesn't take a nap, do not be concerned – each individual child acts differently. Closely supervise any activity if your child does not nap. Extra care is necessary. Do not allow your child to engage in active play (running, jumping, climbing, going outside, etc.). Make the day of the appointment quiet and relaxed. **Do not** send your child to school the day of his/her appointment.

EATING AND DRINKING: Since we requested that you not feed your child six hours before their dental appointment, he/she may be hungry. Delay solid foods until the numbness from the local anesthetic wears off. When a child is numb, he/she may play and chew on their lips, cheeks and tongue. Watch them carefully until the numbness wears off. After treatment, the first drink should be plain water in small quantities. Fruit juice can be given next. Small drinks taken repeatedly are preferable to taking large amounts. Soft food, not too hot, may be taken when desired. Avoid rich and heavy food for the day.

WHEN TO SEEK ADVICE:

1. If vomiting persists beyond four hours.
2. If the temperature remains elevated beyond 24 hours or goes above 101°F/38°C.
3. If there is any difficulty breathing or your child is exceptionally drowsy today, call Dr. Rai, Dr. Davis & Dr. Shingler at 703.754.1580. If Dr. Davis, Dr. Rai & Dr. Shingler cannot be reached immediately, you should seek emergency medical assistance.
4. If any other matter causes you concern.