



INSTRUCTIONS FOR MINIMAL SEDATION

We have recommended sedation for your child's safety and comfort during dental procedures. Sedation can help increase cooperation and reduce anxiety and/or discomfort associated with dental treatment. We will be using nitrous oxide (laughing gas) to provide minimal sedation. Most children become relaxed. Unlike general anesthesia, minimal sedation is not intended to make a patient unconscious or unresponsive. Some children may not experience relaxation but an opposite reaction such as agitation or crying. Our staff will observe your child's response to the laughing gas and provide assistance as needed.

You, as parent/legal guardian, play a key role in your child's dental care. Children often perceive a parent's anxiety which makes them more fearful. They tolerate procedures best when their parents understand what to expect and prepare them for the experience. If you have any questions about the sedation process, please ask.

Preoperative Sedation Check List:

1. Please notify us if your child becomes sick.
2. **Nothing to eat or drink for 2 hours before the appointment** except for water or apple juice.
3. Dress your child in comfortable loose fitting clothing. Bring a change of clothes.
4. Do not bring other children to this appointment as your child requires all of your attention for supervision after the appointment.

During the Sedation Appointment:

1. Parents are required to remain in the treatment room or in the building during treatment.
2. Your child will be monitored in the office once treatment has ended until the dentist has deemed it is safe for your child to go home.



GOING HOME AFTER SEDATION

1. Your child may or not be dizzy for 20 minutes after the appointment. Just in case please hang on to their hand after the appointment.
2. Your child may be fussy or crying when going home and this is understandable as they may not like how they are feeling, or their numb mouth. The numbness usually lasts two to four hours. Watch to see that your child does not bite, scratch, or injure the cheek, lips, or tongue during this time. We recommend pain medication such as Tylenol and/or Advil/Motrin to be given by following instructions on the bottle for dosing based on the child's weight.
3. Once home, if your child wants to sleep, position your child on his/her side with the head supported and the chin up.
4. 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)
5. The first meal should be something light and easily digestible (e.g., apple sauce ,soup, jello. We generally recommend something soft and cool or room temperature.
6. A slight fever (temperature to 38.5° Celsius or 100.5° Fahrenheit) is not uncommon.

Please feel free to call the office for any questions or concerns that you might have.

During Office Hours: (306) 374-7111 After hours: (306) 380-2447