



INSTRUCTIONS FOR MODERATE 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. Once the sedation medication has been administered, it may take 10-60 minutes before your child shows signs of sedation and is ready for dental treatment. We may also use nitrous oxide (laughing gas) to assist with sedation. Most children become relaxed and/or drowsy but can be aroused easily. Unlike general anesthesia, 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 medications 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 6 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.
5. If you have a long ride home after the appointment we recommend two adults come to the appointment.

During the Sedation Appointment:

1. Once the sedation medication is given, please have your child seated to avoid them stumbling/falling to avoid injury.
2. Parents are required to remain in the treatment room or in the building during treatment.
3. 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. Do not let your child walk around by themselves for the next 4-6 hours as they will still be dizzy.
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. In the car your child may become sleepy. We recommend two adults present for this car ride home to allow one parent to sit in the back seat and monitor your child. If your child becomes sleepy ensure that your child's chin is elevated off their chest and you see easy breathing. If snoring, try to reposition your child's head or recline the chair to clear the snoring sound.
4. Once home, 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 five 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).
5. 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)
6. The first meal should be something light and easily digestible (e.g., apple sauce ,soup, jello. Do not give fatty or spicy foods (e.g., milk, cheese, yogurt, French fries, tacos, salsa).
7. 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