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## Instructions to Parents of Pediatric Patients Receiving Oral Sedation for Dental Treatment

**General:** It is important for your child's safety that you follow these instructions carefully. Failure to follow these instructions could result in serious complications such as allergic reactions, and in rare cases death.

**Medications:** Give your child only those medications that he/she takes routinely such as seizure medication, antibiotics, or other medications prescribed by your child's physician. **DO NOT** give any other medications before or after treatment without checking with our office.

**Change in Health:** Please notify us of any change in your child's health. **DO NOT** bring your child in for treatment with a fever, ear infection, or cold. If your child becomes ill, please call the office and reschedule the appointment. At least 24 hours notice is appreciated. This will allow us to fill your appointment with another child that requires immediate emergency treatment.

**Eating and Drinking:** To avoid vomiting during treatment with sedation, **DO NOT** allow your child to eat or drink 12 hours prior to appointment. The following dietary schedule **MUST** be followed:

- NO LIQUIDS OR SOLID FOODS AFTER MIDNIGHT PRIOR TO THE SCHEDULED APPOINTMENT.

**Arrival at the Office:** Your child must be accompanied by a parent or legal guardian for all appointments. If possible avoid bringing any other children with you to your child's sedation appointment. He/she will require your full attention prior to and following the dental treatment. We will monitor heart rate, blood pressure, and breathing throughout the appointment, so please dress your child in loose fitting clothing. We will also place a monitor on your child's toe, so please remove any toenail polish prior to the appointment. Please make sure that your child goes to the bathroom immediately prior to arriving at the office. After Dr Matthews or a trained dental assistant gives your child the sedative medication, you will wait with your child in the sedation room while it takes effect (approximately 45-60 minutes for Extended Length Sedation and 15-20 for Short Length Sedation). Initially, the sedative may make your child irritable or hyperactive and they will quickly lose their coordination. **DO NOT** allow your child to walk or stand unassisted during this early period of sedation.

**During Treatment:** For your child's safety a special device, called a papoose board, will be used for restraint during treatment. It is a plastic board with cloth and Velcro wraps that will keep your child from unexpectedly tossing or turning during treatment. The papoose board is used for your child's protection, not punishment. If you have concerns with this technique please feel free to discuss it with the treating doctor prior to your child receiving the sedative medication. Due to the nature of the medical/dental treatment involved, all family members must remain in the waiting room during treatment, which usually last 60-90 minutes. This medication is a sedative and not a general anesthetic. These sedatives allow the dentist to work while your child is comfortably resting. The medications are primarily used to minimize the patient's long-term memory of this procedure. Whether the child is awake or not during treatment, very little will be recalled on a long-term basis.

We will also be placing a personal inhaler over your child's nose to supply them with both oxygen and nitrous oxide (laughing gas). This will also help keep your child in a relaxed state of sedation and will ensure that they receive an adequate amount of oxygen throughout the procedure. Try not to worry, as your child will be closely monitored and very well taken care of throughout the procedure.

**After Treatment:** Your child will remain in a lightly sedated state for the rest of the day. Because we used local anesthetic to numb your child's mouth during the procedure, your child may accidentally bite or chew the lips, cheeks, and/or tongue and/or rub and scratch the face after treatment. This is especially true if it is the initial treatment for your child. Please observe your child very carefully. This danger exists for 2-3 hours after treatment. A small amount of bleeding from the gums around the teeth that were fixed or removed is normal and should stop within 24 hours. Your child should experience only minor discomfort, if any, as a result of the dental treatment. When speaking to your child regarding this appointment, only positive, complimentary statements are appropriate. Even in the poorest cases, the child usually remembers only what the parent reiterates after the appointment. A positive post-treatment period will guarantee that your child will begin to build confidence in the dentist and will ensure that subsequent appointments are much less stressful and do not require sedative medications.

**Returning Home:** Your child **MUST** be supervised by a responsible parent, parents, or legal guardian. He/she should be closely observed for breathing difficulties and carefully secured in a car seat or by a seat belt during transportation home.

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

**Drinking/Eating Following Treatment:** Be sure that your child starts to drink liquids as soon as you leave the office. This will prevent dehydration. We suggest that the first drink following treatment is plain water. Clear liquids such as apple juice or ginger ale are preferable next. Small drinks are better than allowing your child to fill up all at once. Feed your child a normal diet when he/she is ready but wait at least 2 hours until the numbness from the local anesthesia has disappeared.

**Temperature Elevation:** Your child's temperature may be elevated to 101°F (38°C) for the first 24 hours after treatment. Give Tylenol or Motrin/Advil pain relievers every 3-4 hours and encourage drinking to help alleviate this condition.

**Seek Advice:**

1. If vomiting persists beyond 4 hours or occurs greater than 3 times.
2. If the temperature remains elevated beyond 12-24 hours or goes above 101°F (38°C).
3. If there is any difficulty breathing.
4. If there is persistent bleeding.
5. If any other matter causes concern.

**IMPORTANT PHONE NUMBERS TO REMEMBER:**  
**KIDZ-R-KOOL PEDIATRIC DENTISTRY OFFICE – 623-572-5777**  
**OFF HOURS EMERGENCY Number for Dr Matthews 602-291-2482**  
**EMERGENCY 911**