



FOR YOUR CHILD'S SAFETY FOLLOW THESE INSTRUCTIONS CAREFULLY

Your child has received sedative medications for dental treatment and it is important that you supervise them today. Your child also received local anesthetic. Please be careful that your child does not bite, scratch or injure their lips, tongue or cheeks until the numbness wears off.

YOUR CHILD MAY EXPERIENCE THE FOLLOWING:

- Alert one minute, then drowsy or sleepy the next.
- Dizziness or lack of coordination
- Occasional irritability throughout the day
- Poor appetite for a few hours
- Nausea and vomiting – If vomiting occurs, immediately clear the material from your child's mouth.
- Slight fever – (Temperature less than 100.5°F)
- Soreness of the mouth and jaw

TRAVELING HOME:

- Use appropriate seat belt or care seat restraint in the back seat
- A responsible family member should sit beside your child
- If your child sleeps in the care, keep their head from falling forward onto their chest. (Semi-reclined position helpful)

REST AND ACTIVITY

Once home, your child may still be drowsy and must remain under adult supervision until fully recovered from the effects of the sedation. Supervision is advised for the remainder of the day following sedation. **DO NOT** allow your child to walk or play unattended during the remainder of the day following the procedure.

- Allow your child to rest. 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 few minutes. **AVOID PILLOWS OR EXTRA BLANKETS** as these may stop your child from breathing.
- Prevent snoring. Reposition the head by tilting the chin upward until the snoring disappears and your child breathes normally.
- Restrict activities for the remainder of the day. Prohibit potentially harmful activities such as bike riding, swimming, using playground equipment, using stairs, or any activity where balance is important

DRINKING AND EATING

- Once your child is alert, you may give him/her sips or clear liquids (i.e. water, apple juice, popsicles) to prevent nausea and dehydration. Drinking small sips are preferable. Large swallows of a liquid may lead to nausea or vomiting.
- The first meal should be something light, soft, and easily digestible (i.e. soup, apple sauce, rice, noodles). **DO NOT** give fatty or spicy foods (i.e. French fries, tacos, milk or cheese)
- If your child vomits, stop feeding them for 30 minutes then gradually resume clear liquids in sips.
- Start solid foods when your child's is tolerating liquids well.

TREATING PAIN AND FEVER

Children may be IRRITABLE after treatment. If this occurs, stay with your child and provide a calm environment.

- If you believe the irritability is caused by discomfort, you may give your child acetaminophen (Tylenol) or ibuprofen (Motrin, Advil). Follow the instructions on the bottle for dosing based upon your child's age/weight.
- If a post-operative medication is prescribed, please give the medication to your child as directed
- On the day of surgery, clean your child's mouth with gauze and warm water – resume normal oral hygiene on the 3rd day. (tooth brush with toothpaste)
- Swelling may occur. Apply a COLD cloth to the swollen area for 30minutes. Call if swelling persists for more than 3 days.
- Minor discomfort of the gums and teeth may occur after dental treatment. These symptoms should begin to gradually disappear in 2-4 days. (If the sensitivity lasts longer than 2 weeks contact our office)

WHEN TO CALL THE PEDIATRIC DENTIST

- Breathing problems – Contact 911
- Frequent nausea or vomiting
- High (101°F +) or persistent fever
- Prolonged weakness or sleepiness
- Prolonged bleeding, severe pain or swelling.

YOU WILL BE CONTACTED THE EVENING OR THE DAY FOLLOWING THE PROCEDURE TO CHECK ON YOUR CHILDS RECOVERY

IF YOU HAVE ANY QUESTIONS RELATING TO YOUR CHILD'S TREATMENT, PLEASE CALL OUR OFFICE AT (520) 326-8516. AFTER HOURS CONTACT OUR EMERGENCY NUMBER (520) 326-8516 OPTION 9 – LEAVE A MESSAGE AND THE ON CALL DOCTOR WILL RETURN YOUR CALL.

If you feel you have a true medical emergency, call 9-1-1 or go to the nearest hospital emergency rooms

