

# A TO Z PEDIATRIC DENTISTRY

## WHAT TO EXPECT ON THE DAY YOUR CHILD RECEIVES ORAL SEDATION

***In general.*** It is very important for your child's safety that you follow these instructions **carefully**. Failure to follow these instructions could result in serious complications prior to, during, or after the sedation procedure.

***Change in Health.*** Please notify us of any changes in your child's medical history. If your child wakes up the morning of treatment and isn't feeling well, bring your child to the appointment and we will do an evaluation to see if it is safe to move forward with the treatment, if your child's health creates any risk in completing the treatment, we will reschedule the appointment.

***Eating & Drinking.*** To avoid having your child vomit when they are sedated, **DO NOT** allow your child to eat (*any types of foods*) or drink (any drinks, including water!!!) **after 11:00pm** the night prior to the scheduled appointment.

***Medications.*** Give your child only those medications that he/she takes **routinely** such as anti-seizure medications, insulin, anti-hyperactive or other medications (*antibiotics*) prescribed by your child's physician or dentist. A small sip or two of water may be taken with the medication if necessary. **DO NOT** give any other medications before or after treatment without the consent of Dr. Clark, Dr. Jensen or your pediatrician. Please discuss any medications your child takes with Dr. Clark or Dr. Jensen prior to the day of the sedation appointment. It is important to decide whether your child's particular medicine is something that should be taken prior to the sedation visit or if it is something that should be delayed and taken later that day. We may choose to consult with your child's pediatrician about this also.

***Before leaving home.*** Please **remove all fingernail or toenail polish** prior to this appointment because we will be placing a monitoring sensor on your child's fingers & toes. We will monitor heart rate, oxygen level and breathing throughout the appointment, so please dress your child in comfortable **loose fitting, short-sleeved clothing**. Your child **should not** have **barrettes** in their hair or **pony tails**. **Please make sure that your child goes to the bathroom immediately before you leave your home.**

***Arrival To The Office.*** Your child must be accompanied by a parent or legal guardian for **all** sedation appointments. **DO NOT** bring any other children with you to your child's sedation appointment. Your child will require your full attention prior to and following the dental treatment. After Dr. Clark/Dr. Jensen or a trained dental assistant gives your child the sedative medication, you will wait with your child in the sedation/recovery room while it takes effect (*approximately 30-60 minutes*). If your child needs to use the restroom while the medication takes effect, please go with them to assist and make sure they are safe. Initially, the medication 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 or after his/her dental appointment until the medication has completely worn off which can be 6-8 hrs after you leave the office.

***During Treatment.*** Parents are allowed to stay in the operatory during treatment. Because of limited space and our focus on your child, we ask that you leave other siblings at home. This medication is a sedative, not a general anesthetic. Most children will rest or sleep comfortably while the dentist treats their teeth. However, on rare occasions some children may have such severe anxiety that they will still resist the effects of the sedation and not allow treatment to be completed. The medications are also used to minimize the patient's long-term memory of this procedure. Whether the child is awake or not during treatment, most of the time very little will be recalled on a long-term basis. We will also be placing a nosepiece 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. Your child will be closely monitored and well taken care of throughout the treatment.

***Following Treatment.*** Your child will remain in a lightly sedated state for up to 6-8 hours after this visit and will not be able to participate in normal activities, including returning to school. Allow the child to rest quietly until these medications wear off, remembering to periodically provide them with plenty of clear fluids. When speaking to your child regarding this appointment, emphasize only **positive** and complimentary statements. A positive post-treatment period will allow your child to build confidence in the dentist and themselves.