



## Post-Sedation Instructions

### **Please follow these instructions:**

Today your child has had dental treatment under conscious sedation. To help prevent problems or complications, please follow these instructions:

#### **Going Home:**

Your child may be drowsy and uncoordinated, therefore always assist him/her with his/her movements. Carry or hold his/her hand while walking. Young children (up to 80 lbs) must be restrained in a car safety seat. Older children must be restrained with a seat belt.

#### **Activity:**

Do not let your child play unassisted. An adult must be with the child at all times until the child has returned to his/her usual state of alertness and coordination. Your child may be drowsy and irritable for up to 24 hours after the sedation. He/she may take a nap, but should always be able to be aroused. We advise that you keep your child home after treatment and possibly the next day if they are unable to walk well.

#### **Diet:**

Because your child's teeth and mouth are numb, he/she should not eat until the numbness wears off (usually about 2 hours). Begin by giving clear liquids such as clear juice, water, jello, popsicles or broth. Be sure that your child does not bite or chew his/her lips, cheek or tongue while they are numb. By tomorrow, whatever foods your child can tolerate should be okay.

#### **Bleeding:**

If your child has had any teeth removed, there may be a small amount of pinkish drooling from his/her mouth. This is not unusual. If you notice continuous bleeding from the gums; place gauze or a wet washcloth firmly over the area. Hold the gauze in place for at least 15 minutes. Repeat if necessary. Do not let your child spit or suck through a straw for 2 days.

#### **Pain/Discomfort:**

There may be soreness of the mouth and jaw muscles. Unless Dr. Janer gave you a prescription for pain, Tylenol should be sufficient to control this pain.

#### **Oral Hygiene:**

You should gently brush your child's teeth tonight at bedtime. Beginning tomorrow, brush and floss his/her teeth thoroughly every day. Do not let your child swish and spit for 2 days if he/she had teeth removed.

#### **Reasons to call Dr. Janer:**

You are unable to arouse the child  
Your child is unable to eat or drink  
Excessive vomiting or pain  
Your child develops a rash  
Excessive bleeding

If you notice anything about your child after treatment that you would not expect.