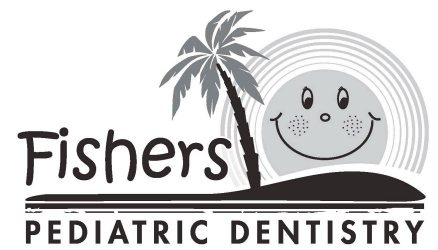


Preparing for Your Child's Sedation Visit



Patient: _____

Sedation appointment: _____ at _____

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. Various medications can be used to sedate a child; medicines will be selected based upon your child's overall health, level of anxiety, and dental treatment recommendations.

As parent/legal guardian, **you play a key role in your child's dental care**. Children often perceive a parent's anxiety which makes them more fearful. Be honest with your child about the appointment, but avoid words that may scare your child or show your own worry or fears. If you do not know the answers to your child's questions, simply say, "I don't know"... "we will ask the dentist."

For your child's safety, you **must** follow the instructions below.

PRIOR TO YOUR CHILD'S SEDATION APPOINTMENT

- **Please notify our office of any change in your child's health and/or medical condition.** If your child develops a fever, ear infection, nasal or chest congestion, or has recent head trauma, contact our office to see if it is necessary to postpone the sedation.
- **Tell us about any prescribed, over-the-counter, or herbal medications your child is taking.** Check with us to see if routine medications should be taken the day of the sedation. Also, report any allergies or reactions to medications that your child has experienced.
- **Your child may NOT EAT or DRINK AFTER MIDNIGHT before the sedation.** A period of fasting is necessary to make sure the stomach is empty. We may not proceed with the sedation if your child has eaten breakfast.
- **Dress your child in loose-fitting, comfortable clothing.** This will allow us to place monitors that evaluate your child's response to the medications and help ensure your child's safety. These monitors will measure your child's breathing, heart rate, and blood pressure.
- **Your child is welcome to bring a favorite stuffed animal or blanket to the appointment.** Bring a change of clothing in case your child needs it.
- **Plan to ARRIVE AT LEAST 10 MINUTES BEFORE YOUR CHILD'S APPOINTMENT to check in and help your child use the restroom.** Starting sedation preparation procedures on time is important for a successful experience for your child.
- **We recommend that two adults accompany the patient to the sedation appointment.** On the way home, you can take care of your child while he/she is carefully secured in a car seat or seat belt and the other adult can concentrate on safely driving you home.
- **We do NOT recommend bringing siblings or other children to this appointment** so you can focus your attention on the child undergoing the sedation.
- If a parent/legal guardian is not bringing the child to the sedation, **a note granting permission for treatment and a telephone number where our team can reach the parent/legal guardian if necessary** must be sent with the adults who are accompanying the child.

ON THE DAY OF THE SEDATION APPOINTMENT

- **Plan to ARRIVE AT LEAST 10 MINUTES BEFORE YOUR CHILD'S APPOINTMENT to check in and help your child use the restroom.** Remember that your child may not eat or drink after midnight the day of the sedation.
- Do not make any big plans for the rest of the day. We recommend you have your child's favorite movies, books and ice cream stocked at home for a day of leisure and recovery under the supervision of a responsible adult.
- You and your child will be taken to a pre-sedation room (Cabana) where **you will meet the Sedation Specialist who will be working with you.** The Sedation Specialist will review your child's medical history and acquire a baseline of your child's vitals (weight, temperature, blood pressure and pulse). Monitors may be placed on your child during this time. After the Sedation Specialist reviews the proposed treatment and makes sure all your questions are answered, you will be asked to sign the Sedation Consent form.

- **The Sedation Specialist will administer sedative medications before your child's treatment can begin.** You may hold and comfort your child until the medication takes effect. Watch your child closely as he/she may become sleepy, dizzy, unsteady, uncoordinated or irritable. Remain next to your child to prevent injuries that may occur from stumbling/falling. We recommend having your child sit on your lap or lie down on the bed for safety.
- **Once the sedatives have taken effect (approximately 10 minutes), the Sedation Specialist will take your child to the treatment room in a wheelchair.** Your child will be placed on a patient immobilizer during the sedation to ensure their safety and ensure accurate readings from any monitoring devices that are used. At least two of our team members will be with your child at all times.
- **During the sedation, the child's parent/legal guardian/accompanying adults are welcome to wait in our reception area which is equipped with wireless internet access for your convenience.** If you choose to leave the office for any reason, you must leave a phone number where you can be reached immediately if necessary.
- **As soon as the sedation is completed, you will be reunited with your child in a post-sedation room (Cabana) for observation and instructions.**
- **The doctor will evaluate your child's health status before he/she will be discharged home.** Children recover from effects of sedatives at different rates so be prepared to remain at our office until the doctor has determined your child is stable and the after-effects are minimal. At discharge, your child should be responsive but may be drowsy, crying, or fussy.

AFTER THE SEDATION APPOINTMENT

- **Our Sedation Specialist will help take your child to your car.** We recommend that two adults accompany the patient to the sedation appointment. On the way home, you can take care of your child while he/she is carefully secured in a car seat or seat belt and the other adult can concentrate on safely driving you home. If your child falls asleep, please keep his/her head from falling onto the chest.
- Once home, your child may be drowsy and must remain under adult supervision until fully recovered from the effects of the sedation. **If your child wants to sleep, position your child on his/her side.** Do NOT let your child sleep on his/her back or stomach. Place pillows along your child's back and stomach to keep him/her on their side. Your child may sleep for 2 to 4 hours after the appointment.
- **Restrict activities for the remainder of the day.** Prohibit potentially harmful activities such as bike riding, swimming, using playground equipment, or any activity where balance is important.
- In addition to the sedative medications, we often use local anesthetic to numb the mouth during dental treatment. **The numbness usually lasts 2-4 hours.** Watch to see that your child does not bite, scratch, or injure the cheek, lips, or tongue during this time.
- **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.
- **Once your child is completely awake, you may slowly introduce food and clear liquids to prevent nausea and dehydration.** Small drinks taken repeatedly are preferable to large amounts. Depending on the procedures performed, your child may not be able to chew initially. The first meal should be something light and easily digestible (e.g., soup, Jell-O®, apple sauce or popsicles). Do not give fatty or spicy foods (e.g., French fries, tacos, salsa). Vomiting may occur and eating should be monitored closely.
- A slight fever (temperature to 100.5°F) is not uncommon after sedation. 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. Because dehydration may cause a slight increase in temperature, clear fluids may help correct this condition. If a higher fever develops or the fever persists, call our office.
- Please contact our office if:
 - You are unable to arouse your child.
 - Your child is unable to eat or drink within 24 hours.
 - Your child experiences excessive vomiting or extreme pain.
 - Your child develops a rash or high fever (over 100.5°).
- Feel free to call the office for any additional questions or concerns that you might have.

Contact Numbers ❖ In case of emergency contact 911

Also call us immediately at the Office (317) 598-9898 or After Hours (317) 514-5157