



CHILDREN'S Dental Specialists

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POST ORAL SEDATION INSTRUCTIONS FOR PEDIATRIC PATIENTS

Your child will probably remain drowsy for a while during the day and may likely want to sleep for a short period as well.

Please follow these instructions to better assist your child after their procedure today:

- ❖ Limit oral intake to clear liquid for the first few hours. Begin with water and follow with sweet liquids such as sports drinks, clear juice, and soda as tolerated. If front teeth were extracted, **DO NOT** use a straw. Give your child small sips of 7-Up or similar drinks.
- ❖ **NO SOLID FOOD** (milk is also considered a solid food) until your child can walk steadily. Soft food can be consumed following liquids as tolerated, such as scrambled eggs, apple sauce, yogurt, mashed potatoes, and soups. Then you can give small amounts at a time of toast, crackers, rice, etc. If your child is not hungry, do not force him/her to eat, but give as much liquids as tolerated.
- ❖ **DO NOT** allow your child to sleep for more than one hour at a time. Wake him/her for up for about five minutes each hour and give small amounts of liquid. Let your child cry for a little if he/she wishes. The child wears off the medication a little faster this way. Let your child sleep on his/her side with support by a pillow. **DO NOT** let the child sleep face down, this will affect their breathing.
- ❖ Remove sharp furniture and lamps away from the area where the child sleeps. **DO NOT** place your child on a high bed or couch as he/she may wake suddenly and to get up in which case he/she might fall down.
- ❖ **Make sure your child does not bite, chew, or suck the inside of the cheek or lip. Some areas of the mouth may remain numb (asleep) for two hours where procedures were performed.**
- ❖ Give proper amounts of Children's Tylenol or Children's Motrin if you feel your child is uncomfortable from the dental treatment. Remember, some soreness is to be expected the first day or two. For some children, a fever of up to 101 degrees may develop for the first 12 hours. Children's Tylenol Elixir every 3 to 4 hours with plenty of liquids will tend to alleviate this condition as well as treat any post-operative discomfort.
- ❖ It is advisable that you not allow your child to play outside today. He/she may be still unsteady enough to cause problems with balance and an injury could result.
- ❖ Reassure your child that you are proud of his/her achievement of getting the dental treatment completed. We want to achieve as much positive reinforcement as possible for your child!

IF VOMITING OCCURS AND PERSISTS BEYOND 4 HOURS, IF TEMPERATURE REMAINS ELEVATED BEYOND 24 HOURS, OR IF YOUR CHILD IS NOT "UP AND AROUND" AFTER 4 HRS. OR IF YOU HAVE OTHER SERIOUS CONCERNS FOLLOWING ORAL SEDATION, PLEASE CALL OUR OFFICE AT:

(248) 528 - 0500