



**HAPPY HEALTHY TEETH**  
pediatric dentistry & orthodontics

## Post-Operative Sedation Instructions

### **SYMPTOMS**

The symptoms that your child may experience after the treatment are as follows:

1. Grogginess, tiredness, sleepiness
2. Dizziness and lack of coordination
3. Itchy nose
4. Nausea and vomiting

These symptoms will last up to 3-4 hours after leaving the office. Watch for lip/cheek/tongue biting or picking at the face due to the numbness from the local anesthetic.

If vomiting occurs, keep your child's throat clear by holding the head down or to the side during vomiting.

Your child's temperature may be elevated to 101F/38C for the first 24 hours after treatment. Tylenol every 3-4 hours and fluids will help alleviate this condition.

### **GETTING HOME**

Please use proper restraint for your child when driving home (car seat or seat belts).

### **AT HOME**

It is best to keep your child awake for two hours following the appointment.

Your child may be disoriented and stagger while walking for the next few hours. Watch closely and do not leave your child unsupervised for the rest of today. Your child should be able to return to school or day-care tomorrow.

### **NAPPING**

Most children tend to go home and take a nap. After two hours gently awaken your child. Do not allow your child to sleep with the chin dropped down towards the chest as this could prevent adequate breathing.

### **ACTIVITIES:**

If your child goes home and doesn't take a nap, do not be concerned as each individual child acts differently. Closely supervise any activity if your child does not nap. Extra care is necessary. Do not allow your child to engage in active play (running, jumping, climbing, going outside, etc.). Make the day of the appointment quiet and relaxed. **Do not** send your child to school the day of his/her appointment.

### **EATING AND DRINKING:**

Since we requested that you not feed your child 3 to 4 hours before the dental appointment, he or she may be hungry. Delay solid foods until the numbness from the local anesthetic wears off. After treatment, the first drink should be plain water in small quantities. Fruit juice can be given next. Small drinks taken repeatedly are preferable to taking large amounts. Soft food, not too hot, may be taken when desired. Avoid rich and heavy foods for the day.

### **WHEN TO SEEK ADVICE:**

1. If vomiting persists beyond four (4) hours.
2. If the temperature is above 101F/38C.
3. If there is any difficulty breathing or your child is exceptionally drowsy today, call the office at (650) 574-4447. If the treating dentist cannot be reached immediately, you should seek emergency medical assistance.

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