



POST SEDATION INSTRUCTIONS

After the sedation: Your child should be encouraged to drink liquids every 15-30 minutes for the remainder of the day and continue resting. Since the lips and tongue may continue to be numb, your child should not be allowed to chew or bite for at least 2 hours after the procedure. Doing so can result in injury to the soft tissues of the mouth.

Supervision after the sedation: Since your child will be drowsy for 5-6 hours after the appointment, **SUPERVISION** by an adult must be arranged. If your child wants to sleep, lay them on their side and wake them every 15-30 minutes to check on them.

Pain or discomfort: Your child may experience discomfort after the local anesthesia has worn off. Give your child the weight appropriate dose of children's acetaminophen (Tylenol) or children's ibuprofen (Motrin) for the remainder of the day or the next morning. **DO NOT give your child any other medications today without checking with your dentist first.**

Bleeding or oozing: A slight oozing of blood from the mouth for a day is considered normal. Call our office if there is excessive bleeding. Sometimes a little blood mixed with saliva may appear to be excessive bleeding.

Diet: Maintain a liquid diet, such as clear juices, water, Jell-O, popsicles, etc. for the first hour after returning home. If your child does not vomit, then he/she can have a soft diet for the remainder of the day - soups, pasta, eggs, oatmeal, yogurt, gelatin, puddings, applesauce, and mashed potatoes. Avoid hot and spicy foods.

Brushing: Gentle brushing with a soft toothbrush and a pea-sized amount of toothpaste can begin that evening. It is important that an adult brushes their child's teeth and not just watches the child.

Remember, a clean mouth will heal more quickly.

Crowns (caps) or space maintainers. If your child has had any of these placed, it is important that no hard or sticky candy may be eaten from now on. Hard and sticky candies will pull the crowns or space maintainers off the teeth. There may be slight bleeding around the crowns for a few days. This is normal and it is important to continue brushing these teeth and the gums to help them heal faster.

Please call our office at (434) 239-6948 if you have any questions.