

Instructions to Follow Before Your Child's Moderate Sedation

*Safety of your child is the utmost importance at Corona Kids Dental. In order to provide your child with a safe and effective sedation experience, **you must carefully follow every instruction listed below.** We sincerely employ your cooperation to achieve this mutual goal. (Guidelines adopted from American Academy of Pediatric Dentistry)*

Be calm, confident and knowledgeable

You, as parent/legal guardian, play a key role in your child's dental care. Children often perceive a parent's anxiety which makes them more fearful. They tolerate procedures best when their parents understand what to expect and shows calm and confidence. If you have any questions about the sedation process, please ask; we are happy to answer any questions that you may have. As you become more calm and confident about dentistry, so will your child.

Notify health changes

Please notify our office of any change in your child's health and/or medical condition. Fever, ear infection, nasal or chest congestion, or recent head trauma could place your child at increased risk for complications. Should your child become ill just prior to a sedation appointment, contact our office to see if it is necessary to postpone the sedation.

Notify medications

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.

Fasting - no food and liquids

Food and liquids must be restricted in the hours prior to sedation. Fasting decreases the risk of vomiting and aspirating stomach contents into the lungs, a potentially life-threatening problem. If you do not comply with the following requirements, we will not proceed with the sedation, and no refund may be given. Let everyone in the home know about the fasting requirements, because siblings and others often unknowingly feed the child.

Minimum Time of Fasting	Type of Food/Liquid
At least 8 hours prior to sedation	No more heavy foods (fried, fatty foods, or meats.)
At least 6 hours prior to sedation	No more formula, non-human milk, light foods.
At least 4 hours prior to sedation	No more breast milk
At least 2 hours prior to sedation	No more clear liquids (water, clear juice without pulp, other beverages that you can see through.)

Loose clothing

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 may measure effects on your child's breathing, heart rate, and blood pressure.

One or more parent for each child

It is preferable to have 2 adults accompany the patient home. Try not to bring other children to this appointment so you can focus your attention on your child undergoing the sedation. On the way home, one responsible individual other than the driver should be observing the child's breathing without any distractions, especially if the patient falls asleep while in the car or safety seat.

Arrive ontime

A calm, orderly day would provide the best chance for quality sedation. Any rushing, either by you or us would jeopardize the chance of success.

Please let us know if you did not receive the following companion instruction sheets:

- *Instruction to Follow During Your Child's Sedation*
- *Instruction to Follow After Your Child's Sedation*



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Description of your child's oral moderate sedation:

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. Once the medications have been administered, it may take up to an hour before your child shows signs of sedation and is ready for dental treatment. Most children become relaxed and/or drowsy and may drift into a light sleep from which they can be aroused easily. Unlike general anesthesia, sedation is not intended to make a patient unconscious or unresponsive. Some children may not experience relaxation but an opposite reaction such as agitation or crying. These also are common responses to the medicines and may prevent us from completing the dental procedures. In any case, Dr. Robert Wang and staff will observe your child's response to the medications and provide assistance as needed.

Watch your child closely and keep him/her calm

Once sedative medications are administered, we will ask you to watch your child closely as he/she may become sleepy, dizzy, unsteady, uncoordinated, or irritable. You will need to remain next to your child to prevent injuries that may occur from stumbling/falling. Keeping your child calm but distracted from the unfamiliar surroundings often is helpful.

Remain in our office

You, as the child's parent/legal guardian, must remain at the office throughout the sedation appointment. Please do not leave the office for any reason.

Prepare for a long appointment

The doctor and staff 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.

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Breathing

Once home, your child will still 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 with the head supported and the chin up. During this period, check your child's breathing and airway every 3-5 minutes. If your child is snoring, reposition the head until the snoring disappears and your child breathes normally. If breathing becomes abnormal or you are unable to arouse your child, contact emergency services (call 911) immediately.

Nausea/vomiting

Nausea and vomiting are occasional side effects of sedation. If vomiting occurs, immediately clear the material from your child's mouth. Once again, be sure that breathing is normal. If breathing becomes abnormal or you are unable to arouse your child, contact emergency services (call 911) immediately. If vomiting persists for 20 to 40 minutes, contact our office immediately.

Limit activities

Your child may be drowsy for some time after the sedative 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.

Numbness – caution!

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.

Irritability/discomfort

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.

When/what to eat?

Once your child is alert, you may give him/her sips of clear liquids to prevent nausea and dehydration. Small drinks taken repeatedly are preferable to large amounts. The first meal should be something light and easily digestible (eg soup, Jell-O®, apple sauce). Do not give fatty or spicy foods (eg, French fries, tacos, salsa, milk, cheese or yogurt).

Fever

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 feel free to call the office for any questions or concerns that you might have.

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