



DENTAL TREATMENT WITH ORAL MINIMAL/MODERATE SEDATION INSTRUCTIONS

For your child's safety and to avoid complications during the appointment, read this information carefully. Please contact us with any questions about your child's upcoming sedation appointment or these instructions.

2 WEEKS PRIOR TO APPOINTMENT

Please call us with changes in your child's health. Changes that may require rescheduling include:

- virus or upper respiratory issues
- strep/sore throat
- sinus congestion/stuffy nose
- ear infections
- MRSA (Methicillin-resistant Staphylococcus aureus) infection
- other medical/dental surgery
- trauma, ulcers, or fever blisters in/near mouth
- lice, pink eye, poison ivy/oak

BEFORE APPOINTMENT

EATING/DRINKING

NO FOOD OR DRINK AFTER MIDNIGHT PRIOR TO TREATMENT.

NO GRAPEFRUIT JUICE 2 DAYS PRIOR TO APPOINTMENT.

Brushing teeth the morning appointment is fine only if you can ensure that your child will not swallow ANY toothpaste or water.

HAIR/CLOTHING/POLISH

Your child should wear comfortable loose fitting short sleeved clothing. No overalls, turtlenecks, or "hoodies". Sedation medicines can upset the tummy and/or cause a child to relax enough to have an "accident". Bring an extra set of clothes in case these occur. No ponytails or nail polish please.

MEDICATION

The medications we will be giving your child can interact with his/her routine medicines, herbals or supplements causing (negative reaction) your child to be over/under sedated. Inform us of ALL medicines your child takes (prescribed, over the counter, supplements, and/or herbals) so we may consult with the prescribing doctor and advise which medicines should not be given the day of treatment.

Limit the details of your child's appointment to minimize anxiety and fear. We want your child's experience to be as pleasant as possible.

DAY OF APPOINTMENT

Please **ARRIVE BY 7:30 AM** to complete paperwork, allow assessments of your child's health, answer questions you may have, and to ensure the safest appointment. **WE RESERVE THE RIGHT TO CANCEL AND RESCHEDULE THE APPOINTMENT OR DISMISS FROM THE PRACTICE FOR FAILURE TO ARRIVE BY 7:30 AM.**

An authorized adult, preferably parent/legal guardian, **MUST** accompany your child and remain in office until treatment is finished. Please bring only the child having treatment so your focus can be on his/her needs. Otherwise, bring another adult to help with other children.

ONCE THE MEDICATION IS GIVEN, WE DO NOT ALLOW YOU TO LEAVE THE OFFICE UNTIL TREATMENT IS COMPLETE

A team member will escort your child to the treatment suite for assessments to determine the dose of medication that will be given. After administration, your child will join you to allow the medication to take effect - about 1 hour for Demerol or Valium and approximately 30 minutes for Phenergan only or Versed. Hyperactivity is a normal response after administration but only for a brief time. Nausea can be a side effect of the medication as well. Watch for complaint of a tummy-ache and ask for assistance if needed.

After the necessary amount of time has passed, we will accompany your child to the treatment suite, while you relax in the reception area. Once treatment is complete, a member of our staff will review the treatment performed and post-appointment instructions with you or the adult you authorized to bring your child.

Your child may be groggy/disoriented from the sedation medication even after treatment is finished. Our team will advise you when your child is alert enough to leave the office.

Plan for an alert and attentive adult to be present with your child the remainder of the day.

POST DENTAL TREATMENT AND SEDATION INSTRUCTIONS

**CALL 911 IF YOU BELIEVE YOUR CHILD IS HAVING A MEDICAL EMERGENCY RELATED TO THE APPOINTMENT.
PLEASE NOTIFY US AS SOON AS POSSIBLE AT 903-892-1200.**

RELATED TO SEDATION MEDICINES

GETTING HOME/ REMAINDER OF DAY

DO NOT use public transportation, such as bus or TAPS.

Your child should be secured in a car seat or seat belt during transportation. Drowsiness is normal after treatment. It may last 4 to 6 hours for Valium or Demerol/Phenergan, and 1 to 2 hours for Versed or Phenergan only. **Closely watch for signs of breathing difficulty and call 911 if concerned.** Place the child on his/her side while sleeping in case of nausea.

DRINKING/EATING AFTER TREATMENT

Once home, the first drink should be water. Other clear drinks can be given next (fruit juice/Gatorade). Small drinks taken repeatedly are better than large amounts of liquid at one time. Start with small amounts of bland foods (crackers, nilla wafers, broth) to make sure the stomach is settled. No fried foods or milk products for 2 hours after appointment.

ACTIVITIES

Allow for rest and closely supervise the remainder of the day. **DO NOT plan or permit activities**, including school, daycare, sporting events or practice, bicycle riding, trampoline use, swimming/lake activities, operating sharp kitchen utensils, or any other activities that require coordination.

TEMPERATURE/ DISCOMFORT

The child's temperature may be elevated to 101°F for the first 24 hours after treatment. Alternating acetaminophen/ibuprofen every 3 to 4 hours (**DO NOT EXCEED MAXIMUM RECOMMENDED DOSE**) with fluids will help to alleviate this condition. Notify our office with temperatures above 101°F.

CONTACT US/ SEEK MEDICAL ADVICE

1. If vomiting persists beyond 4 hours.
2. If a temperature remains elevated beyond 24 hours or goes above 101°F.
3. If any difficulty breathing.
4. If you have any questions or concerns related to treatment at **903-892-1200**.

INSTRUCTIONS RELATED TO DENTAL TREATMENT

If your child was anesthetized with local anesthetic, please watch lip, cheek and tongue chewing, pulling or biting. These tissues are extremely fragile and can be easily ulcerated with continued trauma. If this occurs, you may notice swelling or abrasions to tissues. Your child may have bleeding/oozing associated the dental treatment. This should subside in 1-2 days.

Alternate acetaminophen and ibuprofen every 3-4 hours as needed for possible discomfort related to today's treatment. Always use age and weight appropriate dosages following manufacturer's guidelines. Never exceed maximum recommended dosing.

If your child has had extractions, please observe the following instructions:

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| 1) No carbonated beverages for 2-3 days | 6) Activities (including sporting practice and games) that would cause your child to become hot should be limited for 1-2 days. |
| 2) No sucking through straw for 2-3 days | |
| 3) No sharp foods (chips, etc.) for 2-3 days | 7) Mild to moderate oozing for 2-3 days is normal. Please place gauze |
| 4) Eat soft cold, cool, or warm foods for 1-2 days | at extraction site if bleeding is heavy and have your child bite with |
| 5) No smoking | firm pressure. |

Please notify our office if a filling comes out or a crown comes off and a time will be appointed to assess. Please bring the crown for re-cementation. Be careful as floss has the potential to hang on the margin of crowns or fillings potentially loosening or removing them.

If your child had sealants, white or silver fillings, crowns, or space maintainers placed, please help us to ensure success of these restorations by reminding your child not to eat sticky candy (gummy bears, Now & Later candies, Jolly Ranchers, etc.) or crunching on ice. These habits can break the restorations that have been placed and could necessitate retreatment. Your child may tell you that he/she is biting "funny" or that his/her teeth do not fit together. This is normal and after 2-3 days should no longer noticeable.

If your child had restorations on their anterior (front) teeth, please remind your child to not bite into hard foods (ex: raw apples, carrots) or use their front teeth to open chip packages, tear at beef jerky, etc. These habits can break the restorations that have been placed and could necessitate retreatment.

Large fillings which are close to the nerve of the tooth may be sensitive to hot and cold foods and beverages for some time.