



## POST SEDATION INSTRUCTIONS

**AFTER THE SEDATION:** Your child should be encouraged to drink fluids every 15-30 minutes for the remainder of the day and continue resting. Use of Nitrous Oxide and Oxygen Analgesia by face mask that fits over the nose, mouth opening devices and other dental devices may cause facial drying and irritation. Skin cream or Vaseline™ should be routinely applied to the lips and nose. Since the lips and tongue may continue to be numb your child should not be allowed to chew or bite for at least two (2) hours after the procedure. Doing so can result in injury to the soft tissues of the mouth.

**SUPERVISION AFTER SEDATION:** Since your child will be drowsy for five to six 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 fifteen (15) to thirty (30) minutes to check on him/her.

**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 of the next morning. Do not give your child any other medications today without checking with the doctor 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. Sometime a small amount of blood mixed with saliva will appear to be excessive bleeding.

**DIET:** Maintain a liquid diet, such as clear juices, water, jello, 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; soup, pasta, eggs, oatmeal, yogurt, puddings, applesauce, mashed potatoes. Avoid hot and spicy foods.

**BRUSHING:** Gentle brushing with a soft toothbrush and pea sized amount of toothpaste can begin that evening. It is important that an adult brushes his/her child's teeth and does not just watch the child brush. **Remember** a clean mouth will heal more quickly

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

**PLEASE CALL OUR OFFICE AT (856)-783-0444 IF YOU HAVE ANY QUESTIONS. IF YOU MUST CALL AFTER REGULAR OFFICE HOURS, DR. HOLDBROOK MAY BE REACHED BY EMERGENCY CELL PHONE AT 1-877-684-0586**

Parent/Guardian Initial's: \_\_\_\_\_ Date: \_\_\_\_\_