



POST SEDATION/ANESTHESIA INSTRUCTIONS

Your child will need to be watched closely for the next several hours.

Although your child is now awake and ready to go home, some of the side effects of the sedation/anesthesia may last for several hours.

Diet

Some children may have nausea or may vomit once or twice.

Your child may have clear liquids (e.g., apple juice, Pedialyte, Gatorade, popsicles, water) or breast milk for the first hour following the procedure.

If vomiting occurs, wait 30 minutes; then offer small sips (1 to 2 oz.) of clear liquids. If your child continues to vomit please call us.

If your child is able to take clear liquids and not vomit, slowly start him or her on soft foods (e.g., applesauce, soups, milk, yogurt, rice, mashed potatoes, eggs).

If your child is able to eat soft foods and not vomit, advance to a regular diet for your child's age.

Local Anesthetic was used during your child's dental treatment. As a result their mouth will be "numb" for approximately 2 – 4 hours. Watch them closely to see that your child does not bite, scratch or injure the cheek, lips or tongue. Some children become very upset (even crying) and complain of pain when they realize their mouth feels "different." Please do not be alarmed! Many children are unfamiliar with this numb sensation and associate this with pain. Reassure your child that the "funny feeling" will go away in approximately 2 hours.

Activity

Your child may be sleepy, dizzy, or less alert for the next few hours.

It is important to keep your child's airway open (i.e., to make sure that his/her breathing tube is not blocked). You can help by positioning your child so that their chin is off their chest, especially in the car seat.

DO NOT let your child crawl or walk alone until the sedation/anesthesia has worn off (at least 4 to 6 hours).

DO NOT let your child do activities that require good coordination or concentration such as bike riding, skate boarding, skating, or driving for the rest of the day.

Your child may be sleepy after returning home.

Check your child frequently to make sure he or she is breathing easily and has not vomited. Place your child on his or her side during sleep. Your child may be fussy or very active (hyperactive) after waking up.

If you have any questions or concerns within the next 24 hours, please call us.

FOR EMERGENCY SITUATIONS SUCH AS:

• Trouble breathing • Gray or bluish skin colour • Unable to wake child PLEASE CALL 911 IMMEDIATELY!