

Oral Sedation Aftercare Instructions

Now that your child's appointment is done, keep the following in mind:

- The sedative will fade over the next 3-4 hours
- Your child will now notice numbness (if local anesthetic was given), the new dental work, and/or that teeth have been removed and may be upset by these sensations
- Your child will have poor balance until the sedative passes
- Your child may become irritable and emotional - this is a common side effect that will pass in 30-45 minutes

Try to keep your child calm and distracted

These sensations will pass and your child will get accustomed to the new dental work and/or missing teeth quickly. In the meantime, try to keep them from focusing on these sensations. Do not ask if something hurts. **By doing so, you suggest to your child that the odd sensations they are feeling are pain.**

Keep the following in mind:

- Make sure your child is well supervised until the sedative passes.
- remind your child that they should not play with, scratch, chew, or suck on the area that is numb. If they do, it will cause swelling, irritation, or bleeding. Minor biting will cause swelling for a day or two, but **severe biting can lead to a scar.**
- show them what they look like in a mirror so they see that their face looks normal
- cold foods - such as **popsicles or freezers** - will help with the odd sensations and are a good distraction
- limit eating soft foods and liquids until the numbness has gone away
- **give Advil** (ibuprofen) for soreness or swelling as necessary
- if your child keeps biting themselves despite all of the above mentioned strategies, know that you must stop them biting themselves somehow. As a last resort, sit your child on your lap and place your finger between their lip / cheek and teeth to bumper the lip / cheek from getting in between their teeth until the numbness passes.

Getting Home

- A responsible adult must be available to drive your child home or accompany him/her if a taxi is used. **DO NOT** use a bus. Your child should be watched closely for breathing difficulties and carefully secured in a car seat or booster (according to age) during transportation.
- If your child falls asleep after the appointment, it is critical that they have their head up and chin extended to keep a clear and open airway. If they sleep in a car seat, their head should be tilted to the side and chin up, not collapsed down to their chest. If sleeping on a bed, they should lie on their back or side, never on their tummy, until the sedative has totally worn off. They should be watched by an adult to make sure they are breathing well.
- We strongly suggest that two adults be available for the drive home to ensure your child's safety and comfort. There should be an adult available to sit with the child and another to drive.

Healing

After treatment, the gums must heal around the new dental work. **Brushing is very important in the healing process.** Brush tonight - carefully and thoroughly. Think of this as a massage for the gums. **This is especially important with crowns.** *If you do not brush well, the gums will become inflamed and more sore over several days and as a result your child will not allow you to brush.*

Complications

Call our office, Dr. Goralski or Dr. Morley, your physician, or go to the local hospital emergency department if 1. vomiting persists beyond six hours 2. temperature remains elevated above 38C beyond 24 hours or 3. there is difficulty breathing.