

Pre and Post Operative Instructions: Oral Sedation for Children



Clarence Street
DENTAL Group

What is Oral Sedation:

Oral Sedation is a liquid form of sedation that is ingested which helps reduce anxiety and gives your child the ability to relax. It is a mild form of sedation which is very safe with few to no side effects. It can also help increase cooperation and reduce discomfort for your child's dental treatment. It is used in conjunction with Nitrous Oxide (Laughing Gas) to reach the appropriate level of sedation needed to work effectively.

Pre Operative Instructions:

- **No food or drink may be given after midnight the night before** the appointment or the appointment will be cancelled. This means no breakfast, no juice, no milk, and no water.
- Do not wear nail polish. Wear comfortable, casual and loose-fitting clothing.
- Please make note the parent/guardian will be seated in the waiting room during the treatment.
- Patient must be driven to the office by a responsible parent or legal guardian.
- Sedative medications must be taken according to Dentist's instructions.
- Take regularly prescribed medications as directed by your physician unless otherwise decided.
- Please contact us prior to the appointment if there has been a change in your general health (such as a severe cold, fever, etc.)
- Make a trip to the washroom just prior to being seated.
- Please bring a change of clothes.

Post Operative Instructions:

- Your child may be sleepy after the appointment. The effects of the sedation may last several hours after the appointment.
- **You will need to take the rest of the day off to be with your child.** They should be recovered from sedation by the following day.
- Get plenty of rest. Avoid placing your child on any surface where he/she could fall off. Place your child on their side supported with a pillow behind their back.
- Have them drink plenty of fluids.
- They need to avoid strenuous activities and anything that may involve walking, running or riding a bicycle as your child's sense of balance will be altered.
- They should eat light, easily digested foods. It is best for them to avoid chewing food for 2-3 hours following their appointment. Soft foods like yogurt, smoothies, apple sauce or drinks may be given.
- Children may be irritable after the sedation. They may even become emotional as the sedation wears off but this is common and won't last for long. Try to keep them in a calm environment. If they are experiencing discomfort, you may give them Tylenol. Advil or Ibuprofen may be given starting 6 hours following the appointment.
- Please call if your child experiences any: persistent vomiting, persistent fever higher than 100.5 F, breathing difficulty, persistent drowsiness, dizziness.

If you have any questions or concerns please feel free to contact us at 519-756-8080 or text us after hours at our emergency hotline 226-286-8829.