



INSTRUCTIONS FOLLOWING CONSCIOUS SEDATION

Conscious sedation of children for dental procedures is both common and in many cases, necessary to provide appropriate dental treatment. Apprehensive children, very young children, and children with special needs would not be able to receive necessary dental care in a safe and comfortable manner, in many instances, without this procedure. Our main concern is to provide high quality care and a positive dental experience for your child. A wide range of sedative agents are both safe and effective for children in the dental setting when used appropriately by individuals who are trained in their use, who utilize patient monitoring equipment, and who have established emergency procedures in place to react to the rare occurrence of unexpected responses. We follow the guidelines of the American Academy of Pediatric Dentistry. Dr. Anita and her team have had special training in helping anxious children feel secure during dental treatment.

Medically speaking, conscious sedation is a controlled, pharmacologically induced, minimally depressed level of consciousness that retains your child's ability to maintain an open airway independently and continuously and respond appropriately to physical stimulation and or verbal command. In other words, your child is relaxed, able to respond to stimuli, **but not in a deep sleep** as with general anesthesia.

As an added benefit, conscious sedation saves you time by enabling Dr. Anita to combine many appointments into one, to reduce total treatment time and the number of required visits. Sedation is given to make your child's dental appointment as easy and as comfortable as possible.

- **After dental treatment with sedation** your child may feel dizzy, uncoordinated, groggy, sleepy, grumpy, and/or irritable (especially if they are tired and refuse to nap). Some children may experience temporary gastrointestinal symptoms, such as gas and diarrhea.
- Your child may experience a concern or be frightened by the **sensation** from the **local anesthesia**. **Many children describe this 2-4 hour sensation as "a hurt"**. A child who is numb after local anesthesia may rub, pull, scratch or chew on his/her lips, cheek and tongue. This can result in bruising, swelling or discomfort later. Watch your child carefully until the numbness wears off.
- Since we requested that you not feed your child 6 hours before his/her appointment, **fluids, especially, and SOFTER, easy-to-chew, bite-size foods are important for your child to receive as soon as possible following treatment**. It is essential to replace nutrition missed before the appointment to prevent dehydration and weakness. Periodically, every 1 hour, wake your child to give fluids and food.
- **For 3-4 hours after dental treatment with conscious sedation, your child must be under direct adult supervision, not by themselves in another room**. It is important that the head and neck are in alignment or straight while sleeping. The head should not be bent forward or backward; these positions can affect adequate breathing. A child who is sedated and sleeping may not reposition their head appropriately on their own.
- **Discomfort after dental treatment is expected. Muscle aches and a sore throat similar to the flu may occur following dental treatment with sedation**. For children, a fever of up to 101 degrees Fahrenheit may develop within the first 12 hours. We recommend your child receive an analgesic for 24-48 hours after dental treatment, such as ibuprofen, like Motrin, every 6 hours. Another option is acetaminophen, like Tylenol, given every 4 hours or alternate between ibuprofen and acetaminophen. **Do NOT give any product containing codeine or benadryl on the day of sedation**.
- **The best activity for your child is rest, allowing the effects of the medication and the numbness to wear off**. Your child must sleep on his/her stomach or side in case of vomiting and to maintain a clear airway. If your child does not sleep, do not be concerned; each individual reacts differently. Do not allow your child to sleep for more than ½ hour at a time without observing him/her closely.
- Caution: Extra care and attention is necessary. **Any activity attempted by your child over the next four hours requires your physical assistance due to lack of coordination**; sitting, standing, walking, etc. Do not allow your child to engage in active play; swimming, biking, skating, running, jumping, climbing, going outside, playing with other children, etc. Make the day of the appointment quiet and relaxed.

IF THERE ARE ANY CONCERNS OR QUESTIONS, PLEASE FEEL FREE TO CONTACT OUR OFFICE.

AFTER HOURS, CONTACT DR. ANITA: (785) 273-0481 OR (785) 221-0954.

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