



CONSCIOUS SEDATION INSTRUCTION AND CONSENT

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 conscious sedation. The particular combination and dosage of medications selected is individually tailored to your child's needs. The use of conscious sedation will help your child have a more positive experience and allow us to provide high quality dental care. Conscious sedation will often provide amnesia, relaxation and relieve fear and anxiety. Conscious sedation does not put your child to sleep. Your child may sleep lightly off and on while still responding to us. 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.

In order to help ensure a successful and safe sedation appointment, your understanding and cooperation of the following is necessary:

❖ **FOOD AND LIQUIDS MUST BE RESTRICTED IN THE HOURS PRIOR TO SEDATION.** Fasting decreases the risk of vomiting and aspirating stomach contents into the lungs, a potentially life-threatening problem. It is essential for your child's safety that you strictly adhere to this schedule.

TYPE OF FOOD / LIQUID	MINIMUM FASTING PERIOD
Clear liquids only (water, white grape juice, apple juice with no pulp, and plain Jello®)	2 hours before sedation
Breast milk	4 hours before sedation
Light/normal meal	6 hours before sedation

❖ **Any daily medications for a medical condition should be administered as prescribed.** Do not give your child any other medications before or after the sedation appointment unless Dr. Anita has prescribed them or has been consulted first. Notify us if there is a change in your child's health (i.e., cough, congestion, bronchitis, fever) several days prior to his/her dental visit. Please inform us of changes in your child's medical history, medications or reactions to medications.

❖ Dress your child in loose-fitting, comfortable clothing. This will allow us to place monitors that evaluate your child's response to the medications and help ensure your child's safety. These monitors may measure effects on your child's breathing, heart rate, and blood pressure. We suggest that you bring a change of clothes for your child on the day of the appointment.

❖ Try not to bring other children to this appointment so you can focus your attention on your child undergoing the sedation. If you must bring any other children with you to this appointment, it is preferable to have two adults accompany the patient home. On the way home, one individual should be able to observe the child's breathing without any distractions, especially if the patient falls asleep.

❖ At least one adult will keep us informed of their whereabouts during the entire appointment. Plan for the appointment to last a minimum of two hours.

❖ Do not plan further activities for your child on the day of dental treatment. Plan to make the day quiet and relaxed and allow your child to rest. **ADULT SUPERVISION FOR 4-6 HOURS AFTER TREATMENT IS ESSENTIAL.** Allow your child to be near you, checking him/her periodically. Symptoms that your child may experience after dental treatment with sedation are: itchy nose, grogginess, sleepy, dizziness/lack of coordination, grumpy/irritable (especially if they are tired and refuse to nap).

❖ **The vast majority of sedation appointments go smoothly and without complication.** Unexpected reactions to sedation are exceedingly rare. However, there are risks associated specifically with the sedation procedure. The potential risks include, but are not limited to, nausea, vomiting, aspiration, obstruction of airway, and allergic reactions. Highly unlikely and very rare risks may include seizures, hospitalization for complications, brain injury, cardiac arrest, and even death.

❖ 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.

❖ Muscle aches and a sore throat similar to the flu may occur following dental treatment with sedation. These symptoms are very common and will usually disappear within 24-36 hours. For children, a fever of up to 101 degrees Fahrenheit may develop within the first 12 hours. Because some discomfort is expected, we recommend your child receive an analgesic before or after dental treatment. We prefer ibuprofen (Motrin®, Advil®) be administered every 6-8 hours for 24-48 hours after dental treatment. Another option is acetaminophen (Tylenol®) given every 4 hours or alternate between ibuprofen and acetaminophen. Do **NOT** give aspirin to your child. Follow the instructions on the bottle for dosing based upon your child's age/weight.

❖ Since we requested that you not feed your child 6 hours before the appointment, fluids especially, and softer, easy-to-chew foods are important for your child to receive **as soon as possible. It is important to replace nutrition missed before the appointment to prevent dehydration and weakness.**

If you have further concerns or questions about sedation, please ask. With your cooperation, we anticipate your child's sedation experience to be a pleasant one.

I have read and understand the above, including the risks of treatment and treatment refusals, and other alternative treatment choices. I have no further questions to ask. I consent to the use of conscious sedation as described above.

Patient Name _____ Date of Birth _____

Parent/Guardian _____ Relationship _____ Date _____ Witness _____