



## **Sandhills Pediatric & Family Dentistry**

Brooks and Dunston DDS, PLLC

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### **AFTER YOUR CHILD'S SEDATION APPOINTMENT**

#### **ACTIVITY:**

Supervised, quiet play is recommended. **DO NOT** plan activities for your child on the day of his/her 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.** Your child may be drowsy and will need to be monitored very closely. Keep your child away from areas of potential harm. Your child may take a nap but is not required to stay in bed. If your child wants to sleep, place him/her on their side with their chin up.

#### **UPSET STOMACH**

Some nausea may be observed as a result of the sedation. If your child vomits, help them bend over and turn their head to the side to ensure that they do not inhale the vomit.

#### **NUMBNESS**

Often children do not understand the effect of local anesthesia, and may be frightened by the sensation. Many children describe this 2-4 hour sensation as a 'hurt'. A child who is numb after local anesthesia may chew, scratch, suck or play with the numb lip, tongue or cheek. These actions can cause minor irritations or they can be severe enough to cause swelling and abrasion to the tissues. **PLEASE OBSERVE YOUR CHILD CLOSELY TO PREVENT INJURY.**

#### **DISCOMFORT:**

Post-operative discomfort from the dental procedures should be minimal. Minor tenderness will exist around silver crowns, and extractions. A prescription may be given to you (normally Tylenol with codeine) for discomfort. **Over-the-counter Children's Ibuprofen or Tylenol is recommended.** There is usually little swelling from the dental treatment.

#### **BLEEDING:**

If teeth are removed, bleeding will be well under control before your child departs the office. A small amount of oozing from extraction sites is normal. Remember it is very little blood mixed with much saliva.

#### **DIET:**

A **soft diet** is recommended for 24 hours. Encourage your child to have something to drink in order to prevent dehydration. At first, it is best to give your child sips of clear liquids to prevent nausea. The first meal should be light and easily digestible. Appropriate food items include: pasta, eggs, mashed potatoes, jello, yogurt, mac and cheese and soft sandwiches.

#### **ORAL HYGIENE:**

It is extremely important to clean the teeth and gums on a daily basis. Now that the teeth have been restored, it is very important to keep them healthy. Begin gentle brushing tonight.

Please call Dr. Bryan Dunston at the office should you have any questions or concerns.

