

# Marquis Family Dentistry

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## **Discharge Instructions after Sedation and Dental Treatment**

### **Your child may experience any of the following:**

Alert one minute then drowsy or sleepy the next minute. Sleepiness may last 4-8 hours. Dizziness and/or lack of coordination. Occasional irritability throughout the day. Poor appetite for a few hours. Nausea and/or vomiting. Sleep problems, including nightmares, inability to sleep at bedtime or fear of sleeping. Mood swings and hallucinations.

### **Traveling Home:**

Your child should be placed in an appropriate seat belt or child's safety seat. A responsible adult should accompany your child. If your child falls asleep in the car, keep his/her head from falling forward onto their chest. A semi-reclined position may help.

### **Rest and Activity:**

Allow your child to rest. Be sure that someone is with your child at all times. Avoids or extra blankets. Supervise your child for the next 24 hours.

### **Drinking and Eating:**

Do NOT feed your child until he/she is completely awake. Begin feeding with clear liquids such as water, jello, popsicles, sports drinks or apple juice. Avoid milk products for 24 hours; include semi-solids such as soup, rice, noodles and scrambled eggs if the child is hungry and only if they have tolerated clear liquids. If your child vomits, stop feeding him/her for 30-60 minutes then gradually resume clear liquids in sips. Start solid foods when the child is tolerating liquids well.

### **Treating Pain and Fever:**

Avoid medications which contain aspirin. Use children's Tylenol or children's ibuprofen. Read and follow the instructions on the bottle carefully and do not exceed the dosages recommended. Avoid tooth brushing the day of the treatment but gently clean the area the very next day. Swelling may occur. Apply a cold cloth to the swollen area for 15 minutes. If swelling increases after 48 hours then call our office immediately.

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