



After Oral Conscious Sedation Instructions

Symptoms The symptoms that your child may experience after the treatment are as follows:

- Groggy, tired, sleepy
- Dizziness and lack of coordination
- Young children tend to be cranky because they fight being tired
- Itchy nose, hiccups, bloody nose

Getting Home Please use appropriate restraints for your child when driving home (car seat or safety belt).

Napping After Most children tend to go home and take a nap. During the car ride home, check periodically to make sure your child's head isn't "slumped forward" which could restrict his airway/breathing. After 2 hours gently awaken your child, but do not disturb if your child returns to nap for as long as 4 to 5 hours.

Activities If your child does not nap, do not be concerned. Every child is different. Closely supervise any activity if your child does not nap. Be extra cautious. Do not allow your child to engage in active play (running, jumping, climbing, going outside, etc.). Playing video games, watching TV, or reading a book are ok. **No going to school.**

Eating & Drinking No solid food, milk or dairy products for 2 hours after your child's sedation appointment. When a child is numb, he/she may play and chew on his/her lips, cheeks, and tongue. Watch your child carefully until the numbness wears off (usually 2 hours). After treatment, the first drink should be plain water in small quantities. Fruit juice may be given next. Small drinks taken repeatedly are preferable to taking large amounts. Soft foods (clear soup, jello, etc.), which are not too hot, may be taken when desired. Avoid rich and heavy food all day.

Temperature Elevation The child's temperature may be elevated to 101°F/38°C for the first 24 hours after treatment. Tylenol every 3 to 4 hours and fluids will help alleviate this condition.

Call Us Immediately At (916) 434-6220 If:

- Vomiting persists beyond four (4) hours after appointment.
- If the temperature remains elevated beyond 24 hours, or goes above 101°F/38°C.
- If there is any difficulty breathing.
- If any other matter causes you concern.