



The doctor has recommended that your child's dental treatment be completed using oral conscious sedation. Our utmost priority at Smile Stars is the safety and wellbeing of your child.

Due to anxiety and fear of dental care, many children need a special procedure to allow their treatment to be done safely and efficiently. Oral conscious sedation is the use of a sedative drug administered orally in the dental office prior to dental treatment. Sedation can help increase cooperation and reduce anxiety and/or discomfort associated with dental treatment. These sedative drugs minimally depress the level of consciousness, while allowing the child to independently and fully maintain their breathing and circulatory functions. The child can respond to verbal commands and physical stimulation. Your child is monitored continuously throughout the procedure and is protected by positioning and protective stabilization equipment ensuring the utmost safety of your child.

In the following pages, you will find a list of preoperative and postoperative instructions for the day of dental treatment. **Please review these instructions thoroughly prior to your appointment.**

You, as parent/legal guardian, play a key role in your child's dental care. **Children often perceive a parent's anxiety which makes them more fearful.** They tolerate procedures best when their parents understand what to expect and prepare them for the experience. Please do not hesitate to approach our team with any questions or concerns. Our goal at Smile Stars is for you to understand and be comfortable with the procedures. As you become more confident, so will your child.

Thank you for entrusting us with the care of your child.

Instructions to Follow Before Your Child's Sedation

*Safety of your child is the utmost importance at Smile Stars Pediatric Dentistry. In order to provide your child with a safe and effective sedation experience, **you must carefully follow every instruction listed below.** We sincerely employ your cooperation to achieve this mutual goal.*

Be calm, confident and knowledgeable

You, as parent/legal guardian, play a key role in your child's dental care. **Children often perceive a parent's anxiety which makes them more fearful. They tolerate procedures best when their parents understand what to expect and are calm and confident.** If you have any questions about the sedation process, please ask; we are happy to answer any questions that you may have. As you become more calm and confident about dentistry, so will your child.

Notify health changes

Please notify our office of any change in your child's health and/or medical condition. Fever, ear infection, nasal or chest congestion, or recent head trauma could place your child at increased risk for complications. Should your child become ill just prior to a sedation appointment, contact our office to see if it is necessary to postpone the sedation.

Notify medications

Tell us about any prescribed, over-the-counter, or herbal medications your child is taking and report any allergies or reactions to medications that your child has experienced. Check with us to see if routine medications should be taken the day of the sedation.

Fasting - no food and liquids

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.** We will not proceed with the sedation if you do not comply with the following requirements. Let everyone in the home know about the fasting requirements, because siblings and others often unknowingly feed the child.

Minimum Time of Fasting Prior to appointment is 4-6 hours – The last meal before the appointment should be light. Fried foods, fatty foods, and meat should be avoided. **Clear liquids should be avoided two hours prior to the appointment.**

Loose clothing

Dress your child in loose fitting, comfortable clothing. **No jewelry, hair accessories, or nail polish.** Having access to the patient's arms and legs 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. Please refrain from dressing your child in footie or onesie pajamas.

One or more parent for each child

Try not to bring other children to this appointment so you can focus your attention on your child undergoing the sedation.

Arrive on time

It is VERY important that you arrive on time to your appointment. The scheduled time includes the time required for the sedation medication to take effect. A calm, orderly day would provide the best chance for quality sedation. Any rushing, either by you or us would jeopardize the chance of success.

Extra Information

It's advised not to stay up late the night before the procedure. This can actually cause the patient to take longer to recover after the procedure! Maintain your regular schedule the night before the procedure including when you eat your last meal and when you go to sleep. It is also advised to not wake up your child early to give them something

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to eat or drink before the procedure. Changes in their regular schedule in any way do not help with the planned procedure.

Instructions to Follow After Your Child's Sedation

Breathing

Your child cannot go to school or daycare and should be transported home immediately after treatment. Use a properly fitted car seat, booster seat or other car restraint device that includes the seatbelt. Ensure the correct upright posture of your child on the trip home. Watch child to make sure of no self-inflicted injury. If possible, you should be accompanied by an additional adult to ensure that your child is monitored closely, as he/she will be very drowsy. Once home, your child will still be drowsy and must remain under adult supervision until fully recovered from the effects of the sedation. If your child wants to sleep, position your child on his/her side with the head supported and the chin up.

Limit activities

Your child may be drowsy for some time after the sedative appointment. Restrict activities for the remainder of the day. Prohibit potentially harmful activities such as bike riding, swimming, using playground equipment, or any activity where balance is important.

Numbness – CAUTION!

In addition to the sedative medications, we use local anesthetic to numb the mouth during dental treatment. The numbness usually lasts 2-4 hours. **Watch to see that your child does not bite, scratch, or injure the cheek, lips, or tongue during this time.** If your child does it is normal within 48 hours for swelling to occur inside the mouth as well as the lips. This can be treated with popsicles or a cold compress.

Irritability/discomfort

Children may be irritable after treatment. If this occurs, stay with your child and provide a calm environment. If you believe the irritability is caused by discomfort, you may give your child acetaminophen (Tylenol®) or ibuprofen (Motrin®, Advil®). Follow the instructions on the bottle for dosing based upon your child's age/weight.

When/what to eat?

Once your child is alert, you may give him/her sips of clear liquids to prevent nausea and dehydration. Small drinks taken repeatedly are preferable to large amounts. The first meal should be something light and easily digestible (ex: soup, Jell-O®, apple sauce). Do not give fatty or spicy foods (ex: French fries, tacos, salsa, milk, cheese or yogurt).

Hygiene

YOU MUST BRUSH YOUR CHILD'S TEETH 2-3 TIMES DAILY INCLUDING THE DAY OF TREATMENT! Your child's mouth may be sensitive, and bleeding will most likely occur, but this is normal and will subside with time and regular cleaning. **NOT BRUSHING WILL SIGNIFICANTLY INCREASE THE AMOUNT OF DISCOMFORT AND INFLAMMATION!**

Nausea/vomiting

Nausea and vomiting are occasional side effects of sedation. If vomiting occurs, immediately clear the material from your child's mouth. If vomiting persists for more than four hours, please call our office (769-5377).

Fever

A slight fever (temperature to 100.5°F) is not uncommon after sedation. You may give your child acetaminophen (Tylenol®) or ibuprofen (Motrin®, Advil®). Follow the instructions on the bottle for dosing based upon your child's age/weight. Because dehydration may cause a slight increase in temperature, clear fluids may help correct this condition. If a higher fever develops or the fever persists, call our office (769-5377).

Please keep in mind that your child has been through a dental procedure, and your child can be irritable, cranky, tired, groggy, and uncoordinated. Your child may also complain of an itchy mouth and nose. This is all normal. Try to keep your child's mind off of the dental treatment and on positive things. The less your child talks about the procedure, the less your child will remember.

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Frequently Asked Questions

Will my child sleep during treatment?

Conscious sedation has the benefit of making children drowsy and less reactive during dental treatment. They may or may not fall asleep. In either case, conscious sedation makes the experience more comfortable for your child and enables the dentist to safely complete the required treatment.

Will my child cry?

Every child responds differently to treatment. Crying is a very normal response from children. It is the most natural way in which they can communicate their emotions and needs. If your child cries it does not mean they are experiencing pain.

May I accompany my child to the treatment room?

During a sedation appointment it is imperative that the focus be solely on your child. For this reason, parents remain in the waiting area during treatment. For some parents, it is difficult to separate from their child. Please remember that it is for the safety and welfare of your child that we allow only sedation personnel in the operatory during sedation appointment.

Why can't my child eat before the sedation?

It is very important for your child to have an empty stomach when using oral conscious sedation. If your child eats within 6 hours of the sedation appointment this could cause nausea and puts the child at risk for aspiration during treatment.

Will my child be cooperative during treatment?

A positioning and protective stabilization wrap is used for every sedated child. Your child will be swaddled in this wrap for the duration of the procedure. This helps ensure the safety of your child and efficiency of dental treatment being performed.

How is my child monitored during treatment?

During the procedure, there is continuous monitoring of oxygen saturation and heart rate and intermittent recording of respiratory rate and blood pressure.

Should I talk to my child about the procedure afterwards?

We always encourage positive reinforcement with your child. Please refrain from asking your child questions about the procedure. Most sedatives have an amnesiac effect which allows the child to forget the procedure and your child will continue to want to come to visit the dentist on a regular basis.

What if the sedative makes my child restless?

Some children do become restless once the sedative begins to take effect. This is a normal reaction. This just means that the sedative is working and that your child is beginning to feel very drowsy. Some children do not like that they can't control the way they feel so they become cranky and restless. Please do not be alarmed or embarrassed if your child has this reaction. It is very common and we are still able to treat the child safely and efficiently. If your child does become restless, always feel free to notify the front desk and someone will escort your child to a more quiet area in the back if you desire.

How is the sedative administered?

The sedative is administered orally by the doctor based on age and weight. We provide the sedative in the office, so no need to pick up any prescription.