

## Instructions for Oral Conscious Sedation (OCS)

### Before your child's appointment

The purpose of conscious sedation is to heighten the potential for completing dental treatment for your child in the office. Although conscious sedation has a high success rate, it may not be effective for every child. Please review the following instructions. In the event the instructions are not followed, we may not complete the sedation process and will reschedule your child's appointment.

- The sedation appointment will likely be an **early morning appointment**, and your child needs to come on an **empty stomach**. Your child should have **NOTHING TO EAT OR DRINK AFTER MIDNIGHT** the night before the appointment.
- **Ponytails, fingernail polish, long-sleeved shirts, and footed pajamas should not be worn.**
- Arrive at the office **10-15 minutes before** the appointment time. A **waiting period of about 1 hour** is necessary for the medication to take effect before treatment can begin.
- If your child is **sick or has symptoms** of illness the day of the appointment or 1-2 days before the appointment, please notify the office so that the appointment can be rescheduled. Your child's health is of primary importance to us. **A sick child should not be sedated for an elective procedure.**
  - **Symptoms that require notification to the office:** congestion, fever, cough, croup, breathing difficulties, runny nose, fever blisters, sore throat, nausea, vomiting or other flu-like symptoms.
- A **parent or legal guardian** must be present in the office throughout the appointment. However, due to the amount of monitoring and concentration needed by the dentist and staff, **parents are not permitted to be in the treatment room.**
- It is our policy that siblings **cannot** accompany the patient who is being sedated. Parents/guardians must be able to give *full*, undivided attention to the sedated child before and after the treatment.
- Plan to be with your child for the remainder of the day. They should not return to school or be left with a babysitter.