

After your child's appointment

- Your child will be mild or moderately sedated for most of the day, and the **medication can remain in their system for up to 24 hours** from the time they are discharged. Children may react differently to sedation medication; your child may seem sleepy and/or relaxed or very agitated.
- A responsible adult must be seated next to your child while being transported home to ensure their **neck and head remain upright so that airway and breathing are not impaired**. An age-appropriate car seat and seat belt should be used in compliance with state law when transporting your child home from treatment.
- Local anesthesia was likely used to complete your child's treatment today. The lips and tongue may be affected, which is sometimes an alarming sensation. Gently reassure your child that the feeling is temporary, and the teeth will "wake back up" in approximately 1–2 hours. Please monitor your child so they do not bite their lips, cheek or tongue.
- Your child has been without liquids for a prolonged time and must be hydrated. **Clear liquids (frequent sips of water are recommended), fruit juices, or sports drinks (ex. Gatorade) aid in hydration**. Some sedation medications cause diarrhea, increasing the risk of dehydration. Your child may become feverish and feel ill or nauseous if dehydrated.
- **Soft foods (soup, soft pasta, scrambled eggs, etc.) are recommended** following your child's sedation appointment to reduce the risk of choking. Your child should be able to return to their normal diet the following day.
- Mild swelling and discomfort are normal occurrences following dental treatment. Motrin/Ibuprofen is the pain reliever of choice for dental discomfort and can be taken every eight hours. If relief is needed more frequently, Tylenol may be alternated every 4 hours. Confirm your child's weight to ensure the proper dose is administered.
- Your child and all activities must be supervised for at least 24 hours from the time they are discharged. **Even if your child seems unaffected, sedation medication can impair their motor ability, placing them at risk of falling.** Following treatment, quiet activities such as watching movies, reading, etc. are recommended. **Please do not leave your child unattended.**