

DISCHARGE INFORMATION FOR PARENTS

Your child has received sedative medications for dental treatment and it is important that you supervise them today. Your child also received a local anesthetic. Please be careful that your child does not bite their lips, tongue or cheeks for about two hours.

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

TRAVELLING HOME

- Your child should be placed in an appropriate seat belt or car seat restraint in the back seat.
- A responsible family member should sit beside your child.
- If your child sleeps in the car, keep their head from falling forward onto their chest. A semi-reclined position may help.

REST AND ACTIVITY

- Supervise your child for the next 24 hours.
- Allow your child to rest at home.
- Be sure that someone is with them at all times.
- **AVOID PILLOWS OR EXTRA BLANKETS.**
- Pay special attention to those of physically active ages (rolling off furniture, falling when walking or standing).
- Avoid all activities such as swimming, bicycle riding, gymnastics, climbing or descending stairs for at least 24 hours.

DRINKING AND EATING

- Do NOT feed your child until he/she is completely awake.
- Begin feeding with clear, pulp-free liquids/foods such as water, apple juice, Jello, popsicles or sports drinks.
- Avoid milk products for 24 hours
- Start solid foods when the child is tolerating liquids well.
- Give your child 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 for 30 – 60 minutes then gradually resume clear fluids in sips.

TREATING PAIN AND FEVER

Your child may experience swelling, a sore throat, difficulty in opening the mouth, and/or ear pain, after dental treatment under sedation. These should begin to gradually disappear in two or four days. However, when treating these symptoms, please:

- Avoid medications that contain aspirin.
- Use Children's Tylenol or Tempra, Children's Motrin or Children's Advil. **Follow the dosage instructions carefully on the bottle and do not exceed.**
- Avoid tooth brushing the day of surgery but on the following day, gently clean the mouth with a soft toothbrush.
- Apply a COLD cloth to any swollen areas for about 20 minutes. If swelling increases after 48 hours contact the office.

Bruising of the skin around the mouth or IV site may occur after surgery and may last about one week.

WHEN TO CALL THE DOCTOR:

- Breathing problems
- Prolonged weakness or sleepiness
- Frequent nausea or vomiting
- Prolonged bleeding, severe pain or swelling

If you are unable to reach Dr. Milnes at home 250-764-5316 or Dr. Farquhar 250-212-3667 and if you feel that you have a true emergency, call 9-1-1 or go to the nearest hospital emergency room.