

# PREOPERATIVE INSTRUCTIONS FOR SEDATION APPOINTMENTS FOR YOUR CHILD'S SAFETY

## FOLLOW THESE INSTRUCTIONS CAREFULLY

### EATING AND DRINKING

#### CHILDREN UNDER THREE YEARS OF AGE:

- No milk or solid food for 6 hours before the scheduled appointment.
- FROM 6 HOURS BEFORE THE APPOINTMENT to 2 HOURS BEFORE the appointment CLEAR FLUIDS ONLY.

#### CHILDREN OVER THREE YEARS OF AGE:

- No milk or solid food for 8 hours before the scheduled appointment.
- From **8 HOURS BEFORE THE APPOINTMENT to 2 HOURS BEFORE** the appointment **CLEAR FLUIDS ONLY**.
- CLEAR FLUIDS include water, apple juice, 7-up, Kool Aid, Jello, popsicles.
- No GUM or CANDY are allowed at any time prior to your child's appointment.
- FOR TWO HOURS BEFORE APPOINTMENT NO FOOD OR LIQUID OF ANY KIND

### CHANGE IN HEALTH

Any change in your child's health, especially development of a cold, fever, cough or runny nose within 3 days prior to the appointment day is important. Please inform the office of any change in health so that we may discuss with you whether or not another appointment is necessary.

### ARRIVING

Two responsible adults must accompany the child to the dental office and must remain until treatment is completed. Plan to arrive 45 minutes before your child's appointment so that pre-operative sedation medication can be given at the appropriate time. Please leave siblings at home.

### MEDICATIONS

Give your child only those medications that he/she takes routinely. **DO NOT** give your child any other medicine before or after treatment without checking with Dr. Milnes.

### CLOTHING

Have your child wear cool, comfortable clothing including a short sleeved shirt. Bring a change of clothing for your child.

### ACTIVITIES

We will give you detailed instructions after treatment is completed. **DO NOT** plan or permit activities for your child after treatment. Allow your child to rest. Keep your child home from school and closely supervise activities for the remainder of the day, especially activities such as stair climbing. If your child wants to sleep, avoid the use of pillows.

## **GETTING HOME**

The child must be accompanied by two responsible adults. Someone should be available to drive the child home, even in a taxi if necessary. The child should be watched and carefully secured in a car seat or (dependant on age) a seat belt during transportation.

**IT IS IMPERATIVE THAT THESE INSTRUCTIONS ARE FOLLOWED CAREFULLY.**

If you have any questions relating to your child's treatment,  
**please call our office at 250-763-5101 or DR. Milnes at home 250-764-5316**