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DISCHARGE INSTRUCTIONS

After Sedation and Dental Treatment – Intravenous Sedation

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

- Allow your child to rest.
- 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.
- Supervise your child for the next 24 hours.

DRINKING AND EATING:

- Do NOT feed your child until he /she is completely awake.
- Begin feeding with clear, “pulp-free” liquids such as water, apple juice, jello, popsicles or “sports” drinks.
- Avoid milk products for 24 hours, include 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.
- Start solid foods when the child is tolerating liquids well.

TREATING PAIN AND FEVER:

- Avoid medications which contain aspirin.
- Use Children’s Tylenol or Temptra, 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 tomorrow, gently clean the mouth with a soft toothbrush.
- Swelling may occur. Apply a COLD cloth to 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.
- Sore throat, difficulty in opening the mouth or ear pain sometimes occur after dental treatment under sedation. These should begin to gradually disappear in two to four days.

WHEN TO CALL THE DOCTOR:

- Breathing problems, frequent nausea or vomiting, prolonged weakness or sleepiness, prolonged bleeding, sever pain or swelling
- If you are unable to reach Dr. Milnes at home 250 764 5316 or Dr. Farquhar 250 212 3667, and you feel that you have a true emergency, call 9-1-1 or go to the nearest hospital emergency room.