

## Conscious Sedation Post-Operative Instructions

1. Your child may feel drowsy or weak when he/she leaves the office. It is best for him/her to go home and sleep or rest in the living room or family area where an adult is present and can watch them. If your child wants to sleep, you can place a blanket on the floor and let him/her sleep there. Your child should not be left alone to sleep unattended.
2. Please encourage your child to start to drink clear liquids on arrival home. Continue with plenty of clear liquids for the rest of the day. Please do not give your child milk or dairy products until clear liquids are well tolerated. Soft foods may be tried about two hours after the treatment or when the numbness is gone. By four to six hours after treatment regular food is usually tolerated well, except in extraction cases, where soft diet should continue for 24 hours post –treatment.
3. Nausea is not uncommon after sedation cases, even when post-operative instructions are followed. Should your child vomit when you get home, treat the situation as follows:
  - a. Nothing by mouth for 30 minutes after vomiting. Give your child small sips of stirred ginger ale or cola products frequently or ice chips to suck on. If vomiting reoccurs, wait another one half hour, then begin again. When your child is able to hold down the ginger ale for thirty minutes and feels well, you may proceed to administer full liquids as tolerated, gradually going to a regular diet. Should significant vomiting continue, please call Dr. Mathias immediately at 717-367-2423 or her cell at 717-940-9489.
4. If your child complains of any discomfort or pain, give children’s Tylenol, children’s Advil, or children’s Motrin. Please follow the dosage instructions on the bottle.
5. Your child should be under adult supervision during all activities for the remainder of the day. He/She cannot return to school. Do not let your child play with any toys which require balance or eye-hand coordination. Strenuous activities, such as swimming or riding a bicycle, cannot restart until the day after treatment.
6. Lips, cheeks, and/or tongue will be numb for 1 to 3 hours post-operatively in the areas of the mouth and face where treatment is rendered. Please be very careful not to allow your child to chew the lips, cheek or tongue as this is the most common complication to dental treatment in children. If your child does injure the lips, cheeks, or tongue, please do the following:

Apply ice or cold packs as much as possible for the first hour, then off and on as tolerated for the rest of the day.

Apply Orabase with Benzocaine (available at any drug store without a prescription). Place this thick cream with a Q-tip on any tissues which are raw or bleeding from biting. Avoid acidic foods and beverages (tomato sauce, orange juice, apple juice, citrus foods, etc.) until these areas heal.

Should any other problems or questions occur, please call us immediately at 717-367-2423 or 717-940-9489.