

What to Expect with the use of Non-IV Conscious Sedation

At Parkside Dentistry, P.C. we use conscious sedation to allow for the provision of diagnostic and necessary treatment for children who might otherwise resist such care. The goals of these procedures are to:

- Guard the patient's safety and welfare.
- Minimize physical discomfort and pain.
- Control anxiety, minimize physiological trauma, and maximize potential for amnesia.
- Control behavior and/or movement so as to allow the safe completion of the procedure.
- Return the patient to a state in which safe discharge from medical supervision is possible.

With conscious sedation, children are not rendered somnolent or asleep. Some children may sleep during the procedure, but will not go into a deep anesthesia or unconscious state. They will respond to verbal commands, but will generally remember very little about the procedure. The medications that we use provide them with amnesia for the procedure. They will still receive a Lidocaine injection to numb the teeth, but the sedation makes this procedure more comfortable. Because they are not paralyzed, their protective reflexes to breathe on their own and maintain normal heart functions remain unchanged. Some age appropriate behavior such as talking or intermittent crying will occur for some children. Young children are given an oral cocktail of medications. They are given a choice of flavors. For some children that are uncooperative to take the medications, we may use nasal drops. Older children that weigh over 65 lbs. are given pills. All children are monitored for their heart rate, blood pressure and blood oxygen levels. All children receive nitrous oxide and oxygen supplemented with the medications. All children require a soft restraint for their safety while in the chair.

What to expect after a sedation appointment.

Most children having received conscious sedation are still somewhat woozy when leaving. They need help to walk out and cannot be left without direct supervision of a parent or guardian until the effect of the medicine is completely gone. Some effects of sedation can last up to eight hours. Many will be fussy because their lip or cheek will be numb and they do not understand what is happening. The most common complication seen in conscious sedation is post-treatment lip, cheek, or tongue trauma from the child biting themselves. Some children will be given a gauze pressure pack to keep in the mouth until the numbness wears off. In some instances, nausea or vomiting will occur, but is fairly unusual if pre-operative diet restrictions are followed. Respiratory depression or other significant problems are extremely unlikely. It is critical that the child not be rocked vigorously in the patient's arms until the sedation is completely worn off because this will cause nausea or vomiting. Likewise, long car rides will tend to make these children "car sick". While riding home, it is crucial to have an adult other than the driver make sure that the child is in some sort of car seat with the head tipped back so there is no chance of breathing problems due to head position. Because protective reflexes are intact, the chances of significant post-operative emergencies are extremely remote if parents/guardians simply observe the child and follow the instructions given. Because a child's mouth is numb and they have recently had the medications, we do not recommend eating a heavy meal after sedation. We encourage your child to drink clear liquids and not dairy products. Soft foods may be tried about 2 hours after the treatment or when the numbness is gone.

There will be additional post-operative instructions given to you at the time of your appointment.

Our staff will be calling about the child in the early evening after any sedation appointment. Please make sure we have a phone number where you can be reached.

If you have any problems after any appointment, please call the office immediately at 717-367-2423 or Dr. Mathias is on call for your emergencies at 717-940-9489. Please give us 48 hrs notice if you need to cancel or reschedule or there is a \$100.00 fee. Thank You.