

Oral Conscious Sedation PRE-Operative Instructions

Eating & Drinking:

- **YOUR CHILD MUST HAVE AN EMPTY STOMACH**
- Your child is not to eat anything after midnight prior to their scheduled appointment
- Your child may drink clear liquids up to 4 hours prior to their scheduled appointment
- Examples of clear liquid = water, Pedialyte, apple juice, Gatorade
- **Absolutely no milk or milk products, soup, juice with pulp, or non-clear liquids.**
- The risk of vomiting and aspirating stomach contents into the lungs is a potentially life-threatening situation

Medications:

- Your child should continue their prescription medications as per their regular schedule, unless previously discussed with the dentist
- Medication may only be taken with a small amount of clear liquids 4 hours prior to the appointment
- Vitamins, herbal supplements, and non-prescription medications should not be taken

Health Changes:

- A change in health, especially the development of a cold/cough or fever is very important
- Please inform our office of any change in your child's health, as being sick will result in a rescheduling of the appointment

Parent Preparations:

- Make every effort to ensure your child gets a good night's sleep the night before the treatment.
- Dress your child in comfortable, loose-fitting clothing. (Pajamas, short sleeves..etc.) Pull up if needed!
- No tights or pajamas that cover your child's feet
- We encourage bringing an extra set of clothing in case of an accident.

Arrival:

- **We STRONGLY suggest that you bring a SECOND ADULT to your child's appointment**
- At least one parent or legal guardian must remain present at the office throughout the procedure.
- Do not bring any other children to this appointment. It is important to us that you focus your full attention on your child undergoing the procedure.
- Please arrive 10 MINUTES EARLY to the scheduled appointment time.
- Upon arriving, please encourage your child to use the restroom.
- If appropriate, please change their diaper/pull-up.

Oral Conscious Sedation POST Operative Instructions

Recovery Period:

- Your child will most likely still be waking up from the procedure when we bring you back.
- Crying, coughing and snoring are common.
- Redness and irritation from tape and monitor stickers may be present and will resolve.
- The anesthesiologist will not discharge your child until they exhibit vital signs within normal limits and the doctor assessed that your child is stable.
- **Resting and no physical activities is strongly encouraged.**
- Remember that children recover from anesthesia at variable rates and safety is our primary concern. We will never rush you and your child out of our office.

IF YOU HAVE ANY CONCERNS AFTER YOUR LEAVE THE OFFICE, PLEASE CONTACT OUR OFFICE (518)601-2220.

Thank you!