

# **Post-Operative Instructions For Your Child's Oral Sedation**

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To facilitate dental treatment, your child has been given a sedative medication:

- ❑ Diazepam (Valium) and Hydroxyzine (Vistaril)
- ❑ Diazepam (Valium)
- ❑ Midazolam (Versed), Meperidine (Demerol) and Hydroxyzine (Vistaril)
- ❑ Midazolam (Versed) and Hydroxyzine (Vistaril)

There are a few post-operative considerations and cautions that you need to be aware of. They are as follows:

1. Your child will be mildly to moderately sedated for much of today. The medication can stay in his/her body for up to 24 hours. Most children are sleepy and calm after treatment, although some can be very agitated. Even if your child seems fine, the medication can impair their motor ability and they can fall down and hurt themselves. Therefore, we recommend quiet activities such as watching movies, reading, etc. You should stay with your child until they are alert and responsive again.
2. If your child is especially tired when they leave the office, it is important that you watch your child in the car and make sure that they don't drop their head down to their chest which can impair their breathing.
3. Your child has likely been given a local anesthetic so they would not feel any discomfort during their dental treatment. This means that all or part of their lips, cheeks, and/or tongue is "numb." Most children do not know what "numbness" is and think that there is something on their face that makes it feel that way. The anesthetic usually wears off within one to two hours. It is important that you watch your child closely to prevent them from biting or scratching their face, lips or tongue while they are "numb."
4. Your child has been without liquids for a prolonged time. This was important to assure the best result from the medication and to reduce the chance of nausea. However, now it is very important that you have your child drink clear liquids as soon as possible. Frequent sips of water are best. Fruit juices or sports drinks like "Gatorade" are good as well. Children who do not get rehydrated by drinking liquids may become feverish and feel poorly later on. If they become dehydrated, the risk of nausea increases as well.
5. Your child should have only soft foods (soup, soft pasta, scrambled eggs, etc.) until evening. Because of the sedation, your child may not chew effectively and could choke on foods that are not soft and require chewing. Your child should be eating normally by evening and certainly by tomorrow (depending upon what was done today).
6. Your child should experience very little if any discomfort due to the dental treatment. However, depending on the type of treatment, it is possible that you may want to give your child some Children's Tylenol. Be sure to read and follow the instructions on the package regarding dosage.
7. It is essential that you help your child keep their teeth clean. In doing so, you will help maintain the restorations (fillings, crowns, etc.) placed today and you will hopefully prevent or at least control future cavities. Be sure you use dental floss as well as a tooth brush to clean your child's teeth.
8. If your child has had plastic color fillings or resin crowns on their teeth, you may want to swab these teeth with a dilute solution of hydrogen peroxide mixed 1:1 with water or a hydrogen peroxide mouth rinse available at drug stores (e.g. Peroxyl). This will help keep the plastic as clean and white as possible.

**IF YOU HAVE ANY QUESTIONS OR CONCERNS,  
PLEASE DO NOT HESITATE TO CALL ANYTIME**