



## **Preparing for your child's sedation visit**

We have recommended sedation for your child's safety and comfort during dental procedures. Sedation can help increase cooperation and reduce anxiety and/or discomfort associated with dental treatment. Various medications can be used to sedate a child; medicines will be selected based upon your child's overall health, level of anxiety, and dental treatment recommendations. Once the medications have been administered, it may take up to an hour before your child shows signs of sedation and is ready for dental treatment. Most children become relaxed and/or drowsy and may drift into a light sleep from which they can be aroused easily. Unlike general anesthesia, sedation is not intended to make a patient unconscious or unresponsive. Some children may not experience relaxation but an opposite reaction such as agitation or crying. These also are common responses to the medicines and may prevent us from completing the dental procedures. In any case, our staff will observe your child's response to the medications and provide assistance as needed.

You, as parent/legal guardian, play a key role in your child's dental care. Children often perceive a parent's anxiety which makes them more fearful. They tolerate procedures best when their parents understand what to expect and prepare them for the experience. If you have any questions about the sedation process, please ask. As you become more confident, so will your child. For your child's safety, you must follow the instructions below.

### **Prior to your child's sedation appointment:**

- Please notify our office of any change in your child's health and/or medical condition. Fever, ear infection, nasal or chest congestion, or recent head trauma could place your child at increased risk for complications. Should your child become ill just prior to a sedation appointment, contact our office to see if it is necessary to postpone the sedation.
- Tell us about any prescribed, over-the-counter, or herbal medications your child is taking. Check with us to see if routine medications should be taken the day of the sedation. Also, report any allergies or reactions to medications that your child has experienced.
- Food and liquids must be restricted in the hours prior to sedation. Fasting decreases the risk of vomiting and aspirating stomach contents into the lungs, a potentially life-threatening problem. We will not proceed with the sedation if you do not comply with the following requirements.

### **NOTHING TO EAT OR DRINK AT LEAST 8 HOURS BEFORE SEDATION APPOINTMENT**

That includes: Clear liquids (water, fruit juices without pulp, carbonated beverages and clear tea), breast milk, formula, non-human milk, and light meal (toast and clear liquid), fried or fatty foods or meat

- Dress your child in loose-fitting, comfortable clothing. This will allow us to place monitors that evaluate your child's response to the medications and help ensure your child's safety. These monitors will measure effects on your child's breathing, heart rate, and blood pressure.
- Try not to bring other children to this appointment so you can focus your attention on your child undergoing the sedation.
- If you will be traveling home by automobile or if you must bring any other children with you to this appointment, it is preferable to have two adults accompany the patient home. On the way home, one individual should be able to observe the child's breathing without any distractions, especially if the patient falls asleep while in the car or safety seat.

Call us if you have any questions or concerns.

**San Marcos: 512.353.5500**

**San Antonio: 210.944.8111**

*Thank you for trusting us to care for your child's dental needs.*