



Post Sedation Discharge Instructions

Although your child is awake and ready to go home, some of the side effects of the sedative medication may last a few hours. ***Please watch your child closely*** for the rest of the day and follow these guidelines.

Diet: Some children may have nausea or vomit following sedation

- Start with clear liquids (apple juice, pedialyte, gatorade, popsicles, water).
- If vomiting occurs, wait 15 minutes then offer small sips of clear liquids again.
- After child can tolerate clear liquids, start them on soft foods (ie. applesauce, soup, milk, yogurt, jello, rice, mashed potatoes, eggs).

Activity: Your child may be sleepy, dizzy, or less alert for the next few hours

- You can help by positioning your child so their chin is off their chest, especially in the car seat, and place your child on his or her side during sleep.
- Check your child frequently to make sure they are still breathing easily and have not vomited.
- Do **NOT** let our child do activities that require good coordination or concentration such as bike riding, skate-boarding, skating or swimming for the rest of the day.
- Your child may be fussy, irritable, or very active (hyper) after the appointment.

Medication:

- To help with pain after the dental procedure, you may provide your child with Ibuprofen or Tylenol alternated every 3 to 6 hours.

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.