



DENTAL INSTRUCTIONS FOLLOWING TREATMENT AND SEDATION

Please follow these instructions carefully to assure your child a safe and uneventful recovery after dental treatment under sedation:

Activities:

Sedation can cause drowsiness and dizzy spells. We recommend that your child rest and relax quietly at home for the rest of the day following dental treatment. Do not allow your child to climb stairs unaided, use sharp object, operate appliances, or do anything that requires much skill or concentration. Plan to resume normal activities the day after treatment.

Diet:

Sedation can also cause nausea and decreased appetite. Offer your child clear liquids such as apple juice, ginger ale, broth, etc. for the first 2-3 hours following surgery. If your child becomes nauseated and vomits, offer clear liquids again.

Numbing:

Numbing usually lasts 2-3 hours. Please remind your child to be careful not to bite their lip, tongue or cheek. Only soft foods that do not require chewing, such as smoothie and yogurt, should be given while the mouth is numb.

Pain Management:

For pain control, your child may have Acetaminophen (Tylenol) every 4-6 hours and/or Ibuprofen (Advil/Motrin) every 6-8 hours as needed for pain.

Extraction:

If your child had extractions, give only soft foods today, then progress to a regular diet the morning after treatment as tolerated. A slight amount of bleeding may occur at the extraction site until a clot forms. Do not use a straw for 1 week and do not eat nuts/seeds/popcorn/crunchy food that may irritate the extraction area for 2 weeks.

Space Maintainer:

Sticky candy (caramel, taffy, fruit rollup, sugar gum, gummy treats, etc.) should be avoided while the space maintainer is in place. These sticky foods can cause the space maintainer to come off. If it falls off, please bring it back to the office with you. Typically, it can be easily reattached to the tooth.

If you have any questions or concerns, please call us at (250) 390-1494. After regular office hours, our answering service will be able to direct your call to Dr. Chen.