

INSTRUCTIONS BEFORE AND AFTER NON-IV CONCIOUS SEDATION

1. Your child can not have anything to eat or drink four hours before the appointment. This includes: milk, juice, Kool-Aid, water and all foods. If this is not followed, the appointment will **need to be canceled** and a new one will be scheduled.
2. The medications will be administered at the office after the vital signs have **been** checked (weight, heart beat, respiratory rate and oxygen saturation in the blood stream). It takes approximately one hour for the medications to take effect, and your child should **never be** left alone while under the effects of the medications. A parent or legal guardian must always accompany your child.
3. Approximately 30 minutes after ingesting the medications, your child will begin to feel sleepy. This effect can last up to six hours. Please pre-arrange direct supervision from either you or another responsible adult after the dental appointment. **If there is no supervision, the medications will not be given and the dental treatment will be postponed.**
4. If your child gets sick, especially a congested chest, cough, nasal discharge or wheezing, we would suggest changing the appointment for another day when he or she feels better. **Let us know as soon, as possible.**
5. During the dental treatment, the vital signs *will be* monitored at all times. At the **same** time, Nitrous Oxide will be administered and a local anesthetic will be used to numb the **area we** are working in.
6. After the dental appointment, please follow these instructions carefully:
 - If your child wants to **sleep**, lay him or her on their side and tilt his or her head up, to maintain an open airway. **Never lay him or her on their back.** It is normal for your child to sleep after the appointment; he or she might **sleep** longer than usual. **Because** of a tendency toward drowsiness and clumsiness for several hours, your child should remain indoors and be watched closely after the appointment.
 - The effect of the local anesthetic can last up to three hours. Please watch him or her carefully to avoid accidental bites on the cheek tongue and/or lip. **Call the office if your child bites themselves.**
 - When your child experiences hunger, try to give him or her small amounts of soup or a shake at the beginning. Since your child is still under the medications' effect, he or she can suffer from nausea and can easily vomit. **If your child still feels nauseated and/or vomits up to six hours after finishing the appointment, please call the office immediately.**