



Children's Dentistry, P.A.

Mirna Bendeck, DDS • Marcie Berger Young, DMD • Ryan Owaski, DDS
Pediatric Dentists

PRE-OPERATIVE PEDIATRIC CONSCIOUS SEDATION INSTRUCTIONS

It is important for your child's safety that these instructions be understood and followed carefully. Please address any questions or concerns to the doctor **before the sedation appointment**.

- 1) **CHANGE IN HEALTH:** Your child **must be healthy with a clear airway at least 10 days prior to the sedation appointment**. Please notify our office of any change in your child's health prior to the sedation appointment. This includes any changes in medications or any recent onset of fever, ear infections, cold, flu, cough, congestion, runny nose or general malaise. If necessary, your child will be reappointed to a more appropriate day.
- 2) **EATING & DRINKING:** To avoid vomiting during the dental treatment with sedation, **your child must not be allowed to eat or drink 6 hours prior to the sedation appointment**. Since most sedations are performed in the morning, a general rule of thumb is to refrain your child from any food, drink, water after midnight the night before.
- 3) **DAILY MEDICATIONS:** If your child takes daily/routine medications such as seizure medications, antibiotics, ADHD medications, asthma medications, or other medications prescribed by your child's physicians, **please discuss this with the doctor**. Generally, routine medications that are given in the morning can be given with a minimal amount of water the morning of the sedation appointment but should still be discussed with the doctor.
- 4) **PREPARATION BEFORE ARRIVING TO OUR OFFICE:**
 - a. Your child must be accompanied by a parent or legal guardian for all sedation appointments.
 - b. If possible, do not bring any other children with you, especially younger children, to the sedation appointment. Your child will need your undivided attention, particularly prior to the appointment and during the recovery period at the end of the appointment. If you have other children with you, another adult is needed to accompany you so full adult supervision is provided to your sedated child.
 - c. Dress your child in loose fitting, comfortable clothing so that vital signs may be monitored throughout the appointment if necessary. Please remove any nail polish on the fingers or toes prior to the appointment because a monitor may be placed on your child's finger or toe and polish can affect an accurate reading.
 - d. Please avoid any bulky hairstyles, high ponytails, or large hair accessories so that your child may rest their head comfortably.
 - e. It's a good idea to make sure your child uses the bathroom prior to arriving at our office. Your child will also be asked if they need to use the restroom before the sedation.
- 5) **WHAT TO EXPECT AT THE SEDATION APPOINTMENT**
 - a. The doctor will review the sedation medications to be used with your child. There are several medication options, but the 2 most common sedation medications used in the office are Midazolam and Hydroxyzine. Depending on the situation, the doctor may choose to use one or the other or a combination of both medications.
 - b. Midazolam: this is a sedation medication that is in the family of medications like Valium. It's a very safe and effective drug. It works within 15-25 minutes and has amnesic properties so that your child may not remember much of the treatment and



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Page 2

- c. can return to the office without hesitation. There is a reversal agent that can be used if needed in rare instances.
- d. Hydroxyzine: this is a sedation medication similar to a very strong Benadryl. It decreases the risk of any nausea and vomiting that may be triggered by treatment and creates a longer working time so that treatment may be rendered in a more timely manner.
- e. Both medications are provided in liquid form. After the preoperative assessment, the sedation medication will be measured out according to your child's weight and your child will be given the "juice" to drink.
- f. After your child has had the medication, you will be asked to sit with your child for the next 15-30 minutes until an effect is seen in your child. It is **imperative that your child sit throughout this time** because his/her coordination may be impaired.

6) DURING THE TREATMENT:

- a. We will bring your child to our sedation room. Nitrous oxide (laughing gas) may be administered. The oxygen provided in nitrous oxide is an added benefit to the safety of the sedation and the combined effects of the nitrous provide for a more comfortable experience.
- b. For your child's safety, a special device called a papoose board may be used (especially with the younger children) to passively restrain your child. This is a plastic board with cloth and Velcro wraps laid on the chair and often wrapped with a comforting blanket. This is used solely for protection from sharp instruments and other potential injuries. It will only be used with your prior knowledge and consent. If you have concerns with this technique, please discuss them with the doctor prior to your child receiving the sedation medication.
- c. After your child is brought to our sedation room, we ask that you **remain in the waiting room throughout the entire procedure** and do not leave the office. Typically, the sedation can last from 45-75 minutes.
- d. Pediatric conscious sedation is provided to relax your child but it is not a deep sedation. The goal is to provide a more comfortable experience for your child and an easier environment to perform dental treatment. You should expect that your child will be awake for most of the sedation and responding to the doctor and assistants. In the event that your child falls asleep during treatment, monitors will be placed on your child to ensure adequate vital signs. Please remember that the medication is only a sedative and not a general anesthetic so numbing your child with local anesthesia is still necessary to perform dental treatment.

7) AFTER TREATMENT:

- a. After dental treatment is completed, we will monitor your child's recovery for 10-15 minutes in the room.
- b. The recovery period will have started as the sedation medication wears off. Recovery is similar to waking your child up from a deep nap so please expect some grogginess, upset behavior, crying, and angeriness.
- c. You and your child will remain in our office after treatment until your child is awake, alert, can sit up, and move with minimal assistance.
- d. Because local anesthesia may have been used to numb your child's mouth during the procedure, your child may want to accidentally chew the lips, cheeks, and/or tongue and/or scratch or rub the face after treatment. **Please observe your child very carefully for 2-3 hours after treatment.**

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Page 3

- e. The assistant and doctor will review post-sedation instructions with you and discuss all procedures performed on your child.
- f. The doctor will discuss any questions you may have at that time.

8) RETURNING HOME:

- a. Your child **must be supervised by a responsible adult for a minimum of 2 hours** after leaving our office. The adult should monitor for any breathing difficulties.
- b. Your child will have had a long day so far so expect your child to be tired and fatigued. Your child may fall asleep and it's important to monitor your child. Please **keep your child's chin up as they sleep to keep their airway clear and arouse your child every 15 minutes** to prevent a deep sleep.
- c. Your child must be **carefully secured in a car seat or by a seatbelt** during transportation. If there is an accompanying adult, this adult should sit in the back of the car to monitor the child.
- d. **Do not plan any activities** for your child after treatment. This means no playing outside, returning to school/day care, or going to the store. Allow your child to rest and closely monitor any activity for the rest of the day.
- e. **To prevent dehydration, please start your child on liquids.** Small amounts of a milkshake or juice are great starters (and a great reward for a job well done!) and do not require your child to chew. You may give your child a light meal 2 hours after you leave our office to give a chance for the numbness from the local anesthesia to disappear. If too much food or drink is given too early, vomiting will occur.
- f. **Your child will continue the recovery period for about 2 hours after leaving the office.** Your child may become unruly throughout this time, which can be expected. In rare instances, your child may become extremely uncontrollable. This is an indication to contact our office so that we can handle the situation.
- g. A small amount of bleeding from the gums around the teeth that were treated can be expected and should stop within 24 hours. Having your child apply biting pressure with gauze/cotton will help decrease any bleeding. Any **minor discomfort your child experiences can be alleviated with Children's Motrin or Children's Tylenol**, preferably given 45 minutes to 1 hour after treatment so that your child is still comfortable after the numbness wears off.

9) CONTACT OUR OFFICE IMMEDIATELY IF:

- a. Difficulty breathing
- b. Difficult to arouse/awaken your child
- c. Uncontrollable behavior
- d. Rash or allergic reaction noticed
- e. Vomiting persists more than 4 hours or more than 3-4 times
- f. Persistent bleeding where dental treatment was performed
- g. Any other matter causes concern
- h. **PLEASE ADDRESS QUESTIONS OR CONCERNS TO OUR OFFICE AT :**

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