
INSTRUCTIONS FOR PARENTS AFTER SEDATION

Your child must be watched closely for the next few hours. Please follow our recommended guidelines.

GETTING HOME

Please use proper restraint for your child when driving home (car seat or seat belts).

AT HOME

Your child may be disoriented. Watch your child closely and do not leave your child unsupervised for the rest of today.

EATING AND DRINKING

Since we requested that you not feed your child before our dental treatment, your child may be hungry. Delay solid foods until the numbness from the local anesthesia wears off. When a child has a numb lip he/she may play and chew on his/her lips, cheeks, and tongue. Watch your child carefully until the numbness wears off.

After treatment, the first drink should be plain water in small quantities. Fruit juice can be given next. Small drinks taken repeatedly are preferable to taking large amounts. Soft food may be taken when desired. Avoid solid food for the rest of the day.

NAPPING

Most children tend to go home and take a nap. After two hours gently awaken your child. Do not be disturbed if your child returns to a nap for as long as 4-5 hours.

Do not allow your child to sleep with the chin dropped down towards the chest. This could prevent adequate breathing.

ACTIVITIES

If your child goes home and does not take a nap, do not be concerned. Each individual child acts differently. Closely supervise any activity if your child does not nap.

Extra care is necessary. Do not allow your child to engage in active play (running, jumping, climbing, going outside, etc.) Make the day of the appointment quiet and relaxed.

CHILD'S REACTION

Your child may experience the following after treatment.

- a. Grogginess, tiredness, sleep
- b. Dizziness and lack of coordination
- c. Crankiness and irritability
- d. Itchy nose

These symptoms will last 3 to 4 hours after leaving the office.

Your child's stomach may feel upset for the next few hours.

If vomiting occurs, keep your child's throat clear by holding the head down or to the side during vomiting.

The child's temperature may be elevated to 101 degrees F/38 degrees C for the first 24 hours after treatment. Tylenol every 3-4 hours and fluids will help alleviate this condition.

WHEN TO CALL US

1. If vomiting persists beyond four (4) hours.
2. If the temperature remains elevated beyond 24 hours or goes above 101 degrees F/38 degrees C.
3. If there is any difficulty in breathing or your child is exceptionally drowsy.
4. If any other matter causes you concern.

CENTRAL COAST PEDIATRIC DENTAL GROUP

Dental Care for Infants, Children & Teenagers

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Central Coast
PediatricDentalGroup

CAUTION: PLEASE READ

Your child or teenager has received local anesthesia for dental treatment. This not only “numbs” the teeth but also may numb the lips, cheeks, and tongue. this numbness can last for a few hours. Children and teenagers who do not understand these effects may suck or chew lips, cheeks, tongue causing soreness and swelling. Although not a serious problem, it can be uncomfortable.

BITING INJURY AFTER DENTAL TREATMENT

A self-inflicted bite injury is one of the most common complications after dental treatment. Children may not understand the altered sensation resulting from the use of local anesthesia, and they may chew, scratch, suck, or play with the numb area. This can cause minor irritations or be severe enough to cause swelling and abrasions to the tissue. The injured area may look swollen, white and/or yellow in color, and infected. This appearance is not a result of an infection and does not require antibiotics.

The area will heal in 7 to 10 days on its own and should not scar. Vaseline (petroleum jelly) can be applied to the area as needed.

INSTRUCTIONS AFTER RESTORATIVE DENTAL TREATMENT – AMALGAM FILLINGS

- Eat soft foods for the rest of the day, and before the numbness is gone give an aspirin-free substitute (Tylenol, acetaminophen).
- The patient may complain that the bite feels different. This is usually due to the local anesthetic and still being numb at the end of the procedure. It will usually take some time after the procedure to get used to having the new filling in the mouth.
- Maintain good oral hygiene (daily brushing and flossing) and a low-sugar diet to reduce the risk of caries in the future.

INSTRUCTIONS AFTER RESTORATIVE DENTAL TREATMENT – CROWNS

- The gums may appear red and may feel sore after the initial placement of the crown. This is normal and should improve by one week’s time.

- Eat soft foods for the rest of the day, and before the numbness is gone give an aspirin-free substitute (Tylenol, acetaminophen).
- The patient may complain that the bite feels different. This is usually due to the local anesthetic and still being numb at the end of the procedure. It will usually take some time after the procedure to get used to having the new crown in the mouth.
- Maintain good oral hygiene (daily brushing and flossing) and a low-sugar diet to reduce the risk of future caries.
- Avoid eating sticky foods, candies, and gums as these can easily pull off the crowns. If a crown comes off, please call the office as it should be replaced.

INSTRUCTIONS AFTER ORAL SURGERY FOR CHILDREN AND TEENAGERS

WOUND CARE

- Bite firmly on a folded gauze for at least 30 minutes or until bleeding stops.
- Avoid spitting and drinking out of a straw as this disturbs the healing process.

BLEEDING

- Some blood will ooze from the site and this is normal. If bleeding begins again, place a damp gauze or tea bag over the tooth socket and bite firmly for 30 minutes.
- Avoid spitting as it may disturb clotting and healing.

DIET

- Nothing to eat for 2 hours after surgery. After 2 hours, only cold and soft foods, and cold liquids for the rest of the day. Drink plenty of fluids.
- Soft diet 1 day after surgery, and regular diet 2 days afterward.

COMPLICATIONS

- If blood is swallowed, the stomach can become irritated, leading to nausea and vomiting.
- If bleeding continues after applying gauze with firm pressure, call the office.

PAIN CONTROL

- If your child is experiencing discomfort, aspirin substitutes, such as Acetaminophen (generic for Tylenol), can be given according to the recommended directions on the product’s label. Do not give aspirin.

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