



Post Op Instructions For Sedation

It is important for your child's safety that you follow these instructions carefully! Failure to follow these instructions could result in unnecessary complications.

GETTING HOME A responsible adult **must** accompany your child. Your child should be closely watched for signs of breathing difficulty and carefully secured in a car seat or seat belt during transportation.

ACTIVITIES Do **NOT** plan or permit activities for your child after treatment. Allow your child to rest. Closely supervise any activity for the remainder of the day. When sleeping, encourage your child to lie on his/her side or stomach.

DRINKING & EATING After treatment, the first drink should be plain water. Clear liquids can be given next (fruit juice, sugar-free Kool-Aid, Gatorade, ginger ale, soup broth, etc). Small drinks taken repeatedly are preferable to taking large amounts. Soft, luke-warm, bland food may be taken when desired (mashed potatoes, yogurt, soup, pudding, ice cream, popsicles, etc.).

TEMPERATURE ELEVATION Your child's temperature may be elevated to 101 F (38 C) for the first 24 hours after treatment. Tylenol every 3-4 hours and fluids will help alleviate this condition. Temperature above 101° F (38° C) is cause to notify Dr. Jamil.

EXTRACTIONS If your child had teeth removed, a small amount of bleeding is normal. Do NOT let your child spit, as this will cause more bleeding. In order to not disturb the blood clot, do NOT use a straw to drink for the first 24 hours. Also, remember that a small amount of blood mixed in with a lot of spit in the mouth looks like a lot of blood.

BRUSHING It is VERY IMPORTANT for you to brush and floss your child's teeth beginning tomorrow morning and on a daily basis thereafter, to prevent infection and future dental problems.

If any of the following problems arise or you have any questions, please call or text our office at (214) 935-3764 at any time.

- vomiting persists beyond four (4) hours
- temperature remains elevated beyond 24 hours or goes above 101° F (38° C)
- any difficulty breathing or coloration of the skin is poor