



*Following sedation, 24 hours may be required for the full effects of the drugs to wear off.*

*During this period, it is essential that you follow these instructions.*

**DISCHARGE FROM OFFICE:**

- your child can leave the office once they have had some popsicle or juice. A CDA must accompany you and your child to your car.
- The patient must be discharged into the care of a responsible adult who can accompany him/her home.
- Arrangements should be made to have a responsible adult remain with the patient for the balance of the day and during the night.
- your child may be sleepy and emotional for the remainder of the day, have them in the room with you, IE: the couch, where you can keep an eye on them, if they start to snore please wake the child or turn them onto their sides.

**TRANSPORTATION FROM OFFICE:**

- Private automobile is preferred. Public transportation is not recommended. If you have a long trip it may be helpful to have an adult present who can accompany the child in the backseat.

**FOOD AND BEVERAGES:**

- Your child's mouth will be frozen for the next 1-2 hours
- Clear liquids and soft foods are advised for at least 6 hours and, after that, diet as tolerated.
- soft foods at first, such as ice cream, popsicles, noodles (not too hot) scrambled eggs, are all good soft foods.

**ACTIVITY RESTRICTIONS:**

- Don't allow your child to have intense physical activity (running, sports, swimming) for the first 24hrs post sedation

**PROBLEMS:**

- If you experience any acute pain, heavy bleeding from the surgical site, respiratory problems, or any other post-operative problem, please notify the dental office immediately.

If you have any concerns at home please call the office at 604-479-5430

or if the office is closed please call Dr. \_\_\_\_\_ at ph# \_\_\_\_\_.