



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# _____.