



Post-Operative Instructions for procedures under oral sedation

Safety

- Once home, your child will still be drowsy and **MUST** remain under adult supervision until fully recovered from the effects of the sedation (minimum of 12 hours post-sedation). If your child wants to sleep, position your child on his/her side with the head supported and the CHIN UP. During this period, check your child's breathing and airway every **three to five minutes**. If your child is snoring, reposition the head until the snoring disappears and your child breathes normally. If breathing becomes abnormal or you are unable to arouse your child, contact emergency services call 911
- Nausea and vomiting are occasional side effects of sedation. If vomiting occurs, immediately clear the material from your child's mouth. Once again, ensure breathing is normal. If breathing becomes abnormal or you are unable to arouse your child, contact emergency services. Call 911 immediately. If vomiting persists for 20 to 40 minutes, contact us immediately
- Your child might be drowsy for some time after sedation. Restrict activities for the remainder of the day. Do not allow activities such as bike riding, swimming, using playground equipment or any activity where balance is important
- Your child may have received local anesthetics so **please be careful that your child does not bite their lips, tongue, or cheeks as this could cause major tissue injuries**
- Semi-solid food such as soup, rice, noodles, and scramble eggs can be given once your child is hungry and can tolerate clear fluids

Medication

- Give Children's Tylenol (acetaminophen) and/or Children's Advil (Ibuprofen). Follow the dosage directions on the bottle. Do not exceed the maximum daily dose.
- You can start giving the first dose of Tylenol/Advil at _____

Oral Care

- Avoid tooth brushing the day of the procedure but start gentle tooth brushing with soft toothbrush the day after surgery. Cleanliness will aid in healing
 - Prolonged bleeding, severe pain, swelling or high fever.

Please contact Dr. _____ at _____ or the office at _____ 604-536-7697 _____. If you **have ANY CONCERNS** regarding your child.