



## Post-Operative Instructions for procedures under Nitrous Oxide

### Activity

- After the appointment most children can resume normal activities after having minimal nitrous oxide sedation.
- If your child feels dizzy after the sedation, watch them closely and have them relax at home if necessary.

### Diet

- If local anesthetic has been used during the procedure, it usually takes 2-3 hours to completely wear off.
- 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.

### Pain

- If local anesthetic was used during the procedure, they may not experience any pain or discomfort until the numbing wears off.
- If your child complains of pain, regular strength children's Tylenol can be given. Do not exceed the maximum daily dose.

