

## Pediatric Sedation Pre-Procedural Instructions

**EATING AND DRINKING: NO SOLID FOOD or MILK for 8 hours** before your child's appointment time. It is extremely important that your child has an empty stomach to avoid vomiting and aspirating while under anesthesia.

Your child **can drink clear liquids up until 3 hours** before their appointment time. For Example, if the appointment is at 10 am, your child can drink clear liquids up to 7 am. Clear liquids include water, pulp-free fruit juices such as apple juice, sports drink, and carbonated beverages.

**DO NOT allow your child to chew gum or suck on candy**, as this can increase stomach acid and fluid volume and therefore, increase risk of aspiration under anesthesia.

Your child needs to remain in your care and supervised constantly on the day of their appointment to verify the eating and drinking instructions have been followed. NO school or day care prior to the appointment to make sure these instructions are strictly followed.

For your child's safety, the procedure will be delayed or cancelled if these instructions are not followed as written.

**MEDICATIONS:** If applicable, continue your child's prescribed medication on the day of the appointment. Oral medications can be taken with a small sip of water.

**CLOTHING:** Your child should wear comfortable loose fitting clothes to the appointment. Please bring a change of clothing, diapers, and a blanket to the appointment. Have your child wear a diaper to the appointment if they do so before going to bed.

**CHANGE IN HEALTH:** If your child develops fever, cough, congestion, runny nose, nausea, vomiting, diarrhea, or any change in health, please give us a call. These symptoms can increase complications under anesthesia. We will make an assessment and decide if it is safe to proceed.

**WHAT TO EXPECT:** Your child will be sedated with a combination of anesthetic drugs. This will be accomplished by an intramuscular injection in the anterior-lateral thigh area while the child is comfortable in your lap. This injection will seem similar to a vaccination shot.

The medications will start to work within 1-2 minutes. Usually, within 3 minutes the child will be drowsy and ready to place on the dental chair. The child will be relaxed, comfortable, and unaware of the surroundings at this point.

While the child is asleep and comfortable, the anesthesiologist will attach monitors and place a child-sized intravenous line so that continuous sedation, anti-nausea, pain medication, and fluids can be given.

After the procedure, we will bring your child to a recovery area where you can hold them and allow them wake up in your arms. We will monitor their alertness before they leave the office.

Because anesthetic medications can linger and cause drowsiness, a responsible adult will need to closely supervise your child for 12 hours following the anesthesia. Your child should be able to eat and drink as tolerated after leaving the office.

The anesthesiologist will be calling you to obtain your child's medical history and review these instructions with you prior to the appointment. If you have any questions or concerns, feel free to call us at 832-303-0075.