



**Affiliated
Pediatric
Dentistry &
Orthodontics**

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Preparing for Your Child's Sedation Appointment

The doctor has recommended sedation for your child's safety and comfort during dental treatment. Most children become relaxed and/or drowsy and may drift into a light sleep from which they can be aroused easily. We like the children sedated at a level where we can still communicate with them. Unlike general anesthesia, sedation is not intended to make a patient unconscious or unresponsive. Rarely, some children may not experience relaxation but an opposite reaction such as agitation or crying. These are common responses. In any case, our team will observe your child's response to the medication and provide assistance as needed. You, as parent/legal guardian, play a key role in your child's dental care. Children often perceive a parent's anxiety which makes them more fearful. They are more comfortable when their parents understand what to expect and prepare them for the experience. Please ask if you have any questions about the process. As you become more confident, so will your child.

Eating and drinking

Do not allow your child to eat or drink anything after midnight the day before, or at least six hours prior to treatment. Food or juice can increase the risk of vomiting or other complications.

Water ONLY may be given up to two hours before treatment.

Healthy child/Medications

Tell us about any prescribed and over-the-counter medication your child is taking. Check with us to see if routine medications should be taken the day of the sedation.

Please notify our office of any changes in your child's health and/or medical condition.

Your child should not have a fever or be congested. Should your child become ill just prior to a sedation appointment, contact our office to see if it is necessary to post-pone the appointment.

Plan ahead

Dress your child in loose fitting, comfortable clothing for the sedation appointment.

Please do not bring other children to this appointment so you can focus your attention on your child receiving the sedation.

Day of Appointment

Your child will be given the medication when he/she arrives at the office; consequently, your PROMPT arrival is very important. It may take approximately 30-45 minutes for the medication to work.

At least one responsible adult must plan to arrive early and stay with your child all day.

During the Appointment

After your child takes the sedation medication, we ask you to watch your child closely as he/she may become sleepy, dizzy, or unsteady. Please sit with your child so that he/she does not stumble or fall.

Do not allow them to play video games or play in the play house, keeping your child calm will allow the medication to take effect.

Treatment

Your child will be brought to the treatment room by the assistant. We may place him/her in a protective stabilization blanket. This prevents hands from unexpectedly coming up and knocking any instruments towards the eyes.

Treatment can take up to 2 hours. It is common for a child to wake occasionally and cry. If so, we stop as soon as we can and allow them to relax.

After the Sedation Appointment

In addition to the sedative medications, we often use local anesthetic to numb the mouth for dental treatment. The numbness usually lasts 2-4 hours. ***Watch to see that your child does not bite, scratch or injure the cheek, lips or tongue during this time.***

Your child is still under the influence of the sedation medication and may be very drowsy and unable to keep his/her balance. Therefore, hold your child's hand and do not leave your child unattended.

Getting home...

We recommend that the patient be accompanied by two responsible adults; one to drive home, while the other assists the child if he/she falls asleep in the car.

Drinking after treatment...

Water or sweet drinks may be given (fruit juice or Gatorade). Small drinks are preferable to large amounts. Do not use a straw if extractions were performed.

Eating after treatment...

Soft food, not too hot, can be eaten when desired. You will be given information in relation to diet if your child had extractions.

Do NOT plan or permit any activities for the day. Allow your child to rest. Place your child on his/her side while napping. Do not be surprised if he/she sleeps from 1-5 hours. The reactions to sedation differ with each child.

If any question arise, please contact our office.

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