

## Post-op Instructions for Sedation

Dr. Kenny St.Romain

Livonia Dental Clinic: 225-637-2364

Baton Rouge office: 225-924-7202

1. Avoid dairy products and carbonated drinks (no milk, no soda) for 6 hours after appt. Keep child hydrated with water/Gatorade. **COLD & SOFT FOODS ARE GREAT** (popsicles, apple juice, Jell-O, soups, mashed potatoes)
2. Limit child's activities for remainder of day. Child will need to be monitored by an adult. Child will need assistance with walking. He/she will not be able to go to school or daycare.
3. Your child will be drowsy and may be irritable for the rest of the day. The medicine stays in child's system for 6-8 hours.
4. Your child's mouth will be numb in area where work was done. **PLEASE WATCH THAT CHILD DOES NOT BITE OR SCRATCH LIPS, CHEEK, OR TONGUE FOR FIRST 2-4 HOURS AFTER TREATMENT.** Children do not understand why they feel numb and may get upset.
5. **Wake your child up every hour after their appointment and be sure to give them something to drink every hour (water, Powerade, Gatorade).** Please avoid sugary and carbonated drinks (no soda, fruit punch).
6. If your child has had an extraction, please keep child on a soft diet for 24 hours. Place ice packs on face for 20 min on then 20 min off. Do not let child drink through straw. Do not give child hot foods (lukewarm is ok).
7. It is common to have soreness after dental work. Children's Tylenol or ibuprofen is normally recommended. Please read label for dosage. If you feel your child is experiencing more discomfort than expected, please contact the clinic at above numbers. If after hours, follow instructions on recorder & leave message on emergency number. You will be contacted.