

Family Education Sheet

Home Care Instructions: After Procedural Sedation for Dental Treatment



Boston Children's Hospital
Until every child is well™

Department of Dentistry
617-355-6571

What medication did my child get?

Your child took the following medicine(s) today:

- ☐ Chloral hydrate
- ☐ Diazepam
- ☐ Hydroxyzine (Vistaril)
- ☐ Local anesthesia (numbing medicine)
- ☐ Midazolam (Versed)
- ☐ Oxycodone
- ☐ Other _____

When to call

Please call the Dental Department at (617) 355-6571 between 8:30 am-5:00 pm or (617) 355-6000 if after hours. Ask for Dr. _____

Or the dentist on call if you have questions or if your child has:

- A rash
- Bleeding or severe pain that cannot be controlled
- Nausea or throwing up that does not stop
- Non-stop drowsiness or dizziness
- Temperature over 100°F (37.7°C)

Your child's follow-up appointment is on

_____ at
_____ a.m./p.m.

What should I expect today?

- **Your child may be numb for 2 or more hours.** Please remind your child not to bite or suck on their lips, cheek or tongue.
- **Your child may be tired or sleepy for the next 24 hours.** Carefully watch your child at all times until the effects of the medicines are worn off.
- **Your child should lie on their side when sleeping.** They should not sleep on their back or stomach. Do not use extra pillows or blankets.
- **Allow your child to rest at home after the procedure.** Do not have your child go to school or daycare on the day of the procedure.
- **Avoid activities** like swimming, bike riding, gymnastics or going up and down stairs for the next 24 hours.

What should I know about eating and drinking?

- **Your child should not eat until they are completely awake.** Start with small amounts of water and clear liquids (broth, apple juice) or soft food (noodles, scrambled eggs, oatmeal, mashed potatoes, rice, soup).
- **Start slow.** Eating too much or too fast may upset the stomach.
- **Your child should not drink from a bottle** or take a bottle to bed.
- If **your child throws up, stop food and drinks for 30–60 minutes.** Then begin to slowly sip clear fluids.

Keep your child's teeth healthy

It is important to help your child brush their teeth every day with fluoride toothpaste, especially before bedtime. Floss between teeth that touch.

What can I give my child for pain?

You may give acetaminophen (Tylenol) or ibuprofen (Motrin, Advil) for mild to moderate pain. Follow the instructions on the package, and talk with the doctor about any allergies your child may have before giving over-the-counter medicine.

What should I know if a tooth was removed?

- Do NOT drink through a straw for 24 hours
- Do NOT rinse or spit for 24 hours
- Avoid brushing near the area where the tooth was (ONLY FOR TODAY)
- If there is bleeding, press gauze or a clean washcloth in between the teeth where the bleeding is for 10 minutes.

This Family Education Sheet is available in Spanish.