



Instructions for Post-Medication

Remember, because your child has had a sedative:

1. They may be groggy for hours following the appointment.
2. Do not allow your child to begin activities where physical coordination or skill is involved for **24 hours following the dental appointment**. Reactions are slowed and your child could be injured.
3. Watch your child very closely for the remainder of the day. Always hold their hand to support them when they are standing up or walking until the following morning. Do not let them out of arms reach. Sit them next to you to make sure they don't fall off of a chair or couch. If asleep, let your child rest in the room with you so you may observe him/her while sleeping and upon waking.
4. Watch for lip/cheek/tongue biting or picking at the face due to numbness from the local anesthetic.
5. When your child gets hungry following the appointment and after the local anesthesia (lidocaine) has worn off (approximately 2 hours after administration), give a liquid or very light food. If there is no nausea or vomiting, proceed with a regular diet. Do not force feed as this may induce vomiting.
6. Although rare, some nausea may occur. If your child sleeps following the appointment, be sure to keep his/her head turned to the side. If prolonged vomiting occurs, please call our office, your medical emergency room, or 911.
7. If you have any concerns, please our office at (619)291-5266. Dr. Adams is normally available on call. In case of an emergency where Dr. Adams cannot be reached immediately, call your medical emergency room or 911.

Our goal is to create an environment where your child can be as safe and comfortable as possible. Please don't hesitate to ask questions regarding these instructions.

