



4101 Greenbriar, Suite 120 Houston, TX 77098 713-522-6366

Mark A. Urbach, D.D.S., P.A.
Diplomate, American Board of Pediatric Dentistry

Alan L. Urbach, D.D.S
UrbachPediatricDentistry.com

Post-Op Instructions for Oral Sedation Visit

TRAVELING HOME:

Place your child in a car seat (if available) during your trip home. If your child falls asleep, be sure to keep his/her head up and away from his/her chest. This is why it is important to have another adult with you

EATING AND DRINKING AFTER TREATMENT:

After treatment, when your child is alert, give clear fluids such as water or apple juice as often as he/she wants. Small sips taken repeatedly are preferable to taking large amounts at once. Fluid intake should be encouraged. Wait at least 1 hour after treatment before allowing your child small amounts of soft foods such as jello, applesauce, or soup. Wait at least 4 hours before giving dairy or greasy fatty foods. Add regular foods as tolerated by your child. Nausea and vomiting are occasional side effects of sedation.

ACTIVITIES:

Do not plan or permit activities for your child after treatment. Allow your child to rest or nap, always supporting the head and keeping the chin up – propping with pillows to keep this position. Closely supervise any activity from the remainder of the day.

DISCOMFORT:

Local anesthetic is used to numb the mouth during dental treatment, usually lasting 2-4 hours. Watch to see that your child does not bite, scratch, or injure his/her cheek, lips, or tongue. If there is minor intra-oral discomfort, Children's Tylenol or Motrin may be given. If the discomfort persists, contact us.

PLEASE SEEK ADVICE...

1. If vomiting persists beyond 4 hours
2. If the child's temperature remains elevated beyond 24 hours or goes above 101^o F
3. If there is difficulty breathing

AT HOME CARE FOR DENTAL TREATMENT:

Once dental treatment is completed, it is normal for slight bleeding and swelling of the gums to occur. Depending on the treatment performed, healing times may be different. The doctor will discuss expected recovery times with you after treatment. It is important to always keep the teeth and gums clean following treatment. Gently brush the teeth to remove daily plaque to allow for proper healing.