



MELBA Z. MAYES, D.D.S., M.S.

PEDIATRIC DENTISTRY

2140 GRAND AVENUE, SUITE 200 • CHINO HILLS, CALIFORNIA 91709

(909) 548-4044 • (909) 548-0848 FACSIMILE

American Academy of  
Pediatric Dentistry

California Society of  
Pediatric Dentistry

American Dental  
Association

California Dental  
Association

Tri-County Dental Society

## INSTRUCTIONS AFTER IV SEDATION

### DRINKING

Slowly introduce liquids once you are home. The first drink should be plain water, then clear fruit juice, Popsicles or Gator-Aide. Small drinks should be taken repeatedly. If there is some bleeding in the mouth, cold liquids are best. Please avoid dairy products for the first 4-6 hours.

### EATING

If local anesthesia was used during treatment, avoid chewing until the patient is no longer numb. Slowly introduce soft, bland food into the diet. Suggestions include applesauce, scrambled eggs, mashed potatoes, and soups. If your child is not hungry, do not force him/her to eat but encourage as much liquids as desired. It is not unusual for young children to have nausea and/or vomit after sedation.

### FEVER

In the first 12 hours following IV sedation, your child may experience an increase in temperature. This is usually due to a young child's inability to sweat when given one of the anesthetic medications. Children's Tylenol is usually effective and can be taken 4-6 hours after the procedure with plenty of liquids. If the temperature rises above 101°, please call the Anesthesiologist.

### DISCOMFORT

Muscle aches and a sore throat similar to a mild flu may occur. It is very common after IV sedation and will usually disappear within 24 to 36 hours. Your child's mouth and tongue will probably be numb following the treatment, resulting in a sensation of a foreign body or "lump" in the throat. This is perfectly normal, and will disappear in a few hours.

### ACTIVITY

You can expect your child to be confused for a time after he/she awakens. Be close to your child and comfort him/her as necessary. Often children are unsteady on their feet for several hours after sedation. Please carry your child to the car. Do not allow your child to walk or stand without your help.

### PLEASE CALL

If vomiting persists beyond 4 hours, or if the temperature remains elevated beyond the first 12 hours, or you have any other anesthesia related concerns please contact Dr. Khalaf at 323-791-3889 or 323-982-0004. You may also call Dr. Mayes at 909-548-4044 or 909-228-4048.