



AFTER THE CONSCIOUS SEDATION/VALIUM APPOINTMENT

1. Once home, your child will still be drowsy and must remain under adult supervision until fully recovered from the effects of the sedation. If your child wants to sleep, position your child on his/her side with the head supported and the chin up. During this period, check your child's breathing and airway every 3-5 minutes. If your child is snoring, reposition the head until the snoring disappears and your child breathes normally.
2. Recovering from the sedative medications, your child may be disoriented. Some children may be fussy or combative during this time. Please try to care for your child in such a way as to prevent them from injuring him/herself or other people. (This relates more to children who have had the medications given with the conscious sedation.)
3. Remember that your child may have also been administered a local anesthetic, and therefore, he/she may be "numb" in one or more areas of the mouth. Please monitor to prevent him/her from causing an accidental self-inflicted injury by biting, scratching, pulling, pinching, or hitting him/herself while still numb.
4. As a result of the sedative medications, your child's behavior and level of consciousness may be altered. Please limit activities to those that do not require either quick mental decisions or physical coordination and strength. He/she should not return to pre-school/school for the day.
5. Your child may have small amounts of liquids to drink as desired after the appointment. As soon as he/she tolerates liquids after the appointment, soft foods requiring no chewing may be eaten until the "numbness has worn off". Please remember that if his/her mouth is still numb, that hot foods may possibly burn areas painlessly, therefore, **please do not give your child hot foods (ie: soup, hot chocolate) until the numbness has worn off.** This can vary in length of time from 1 to 3 hours, depending on how your child metabolizes the anesthetic. After the numbness is no longer present and your child is alert, he/she may eat a normal diet as tolerated unless specific instructions relating to the dental procedures have been given.
6. Although it is unlikely, vomiting may occur. If it does, please monitor him/her to be sure he/she does not choke on material that may remain in his/her mouth or throat.

If you have any questions or concerns with the health of your child, please contact our office immediately. Our office number is 540-394-3300.