

Family Education Sheet

Caring for Your Child After Sedation for Dental Surgery



Boston Children's Hospital
Until every child is well™

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Your child got these medicines today:

- Acetaminophen (Tylenol®)
- Diazepam (Valium®)
- Hydroxyzine (Vistaril®)
- Local anesthetic (Novacaine® or “numbing” agent)
- Midazolam (Versed®)
- Oxycodone
- Other: _____

Your child has just received sedation. This is a medicine to help them sleep during their dental procedure. This medication has side effects that make them sleepy and numb. There are some things you need to do to keep your child safe at home while they recover.

- Make sure someone can **stay and watch your child for the next 24 hours** until the medication’s side effects are gone. You’ll know that the side effects are gone when your child is no longer sleepy or numb.
- Try to make sure that your child doesn’t bite or suck on their lips, cheek or tongue for about 2 hours.
- If your child wants to sleep, have them lie on their side. Do not let them sleep on **their back or stomach**.
- Do not let your child sleep with extra pillows or blankets right after dental surgery.

When should I call the doctor or nurse?

Call your doctor or nurse if your child has:

- A temperature over 100°F/37°C
- Nausea or vomiting (throwing up) that doesn’t go away
- Drowsiness or dizziness that doesn’t go away
- Bleeding, severe pain or swelling that lasts a long time
- A new rash

What can my child eat?

- Don’t feed your child until they’re totally awake.
- Start by giving a small amount of water and clear liquids, like broth or apple juice. Then feed them soft foods, like Jell-O®, noodles or scrambled eggs.

- Your child’s stomach may get upset if they eat too much or too soon. If your child throws up, stop giving food and water for 30-60 minutes. Then have them slowly start sipping clear fluids again.

Can my child be active?

Your child will be sleepy and need extra help today. They shouldn’t do any physical activities, like swimming, riding a bike, gymnastics or going up or down stairs alone for the next 24 hours.

Will my child be in pain?

Your child may be sore around their mouth, lips and tongue today.

- **If your health care provider says it’s OK**, you may give non-prescription pain medicine, like acetaminophen (Tylenol®) or ibuprofen (Motrin®), as needed. Follow the instructions on the bottle, and do not give more than the recommended dose for your child’s age or weight.
- Do not give pain medication that has aspirin in it.
- **Always talk with your health care provider about any allergies your child may have before giving over-the-counter medication.**

How do I care for the site?

If your child had a tooth extracted (removed), follow these instructions:

- If there’s bleeding, put gauze on the site and hold it in place. Or have your child bite the gauze tightly for 20 minutes. Repeat if needed.
- Don’t let your child drink through straws or bottle, rinse or spit for 24 hours.
- Don’t brush near the extraction site **today**. Go back to normal brushing **tomorrow**.

Commented [EG1]: For how long after the sedation?

Contact us

Monday-Friday, 9 a.m.-5 p.m.: Call the Dental Department at (617) 355-6571

After hours and on weekends: Call Boston Children’s page operator at (617) 355-6363 and ask for Dr. _____ or the dentist on call.