



Preparing for Your Child's Filling Appointment

Dear Parents,

You may choose whether or not you accompany your child to his/her filling appointment. If you choose to be present, we suggest the following guidelines to improve the chances of a positive outcome:

1. Be supportive of the practice's terminology.
2. Allow us to prepare your child.
3. Support your child with loving touches but please be a *silent* observer.
 - A. This allows us to maintain effective communication and minimize unexpected movement.
 - B. If more than one person is speaking to your child, they may become confused. It is important that your child can follow the directions that the staff provides in order for the appointment to go smoothly.
 - C. You may unintentionally give incorrect or misleading information.
4. Siblings/other children are not allowed in the room during procedures.

These are very important ways that you can actively help in the success of your child's visit and we hope these guidelines will help prepare you for the upcoming appointment.

Pre-Op Instructions

Before Your Child's Appointment

- For nitrous (laughing gas) appointments: If your child needs to eat within two hours of the appointment, please have a light bland meal, like toast or dry cereal. For meals earlier in the day, **avoid heavy foods, such as fried food or food containing dairy products.** Please limit liquids 30 minutes prior to your appointment.
- Health changes: Please notify our office of any change to your child's health and/or medical condition. If your child becomes ill before an appointment, especially if your child is very congested, please contact our office to see if it is necessary to postpone the appointment
- If your child has asthma: Please bring your child's rescue inhaler to your appointment. If your child becomes sick before an appointment, please notify our office to see if we need to postpone the appointment.
- Prepare for after the appointment: Have soft food ready if you anticipate your child will need to eat after the appointment while numb or if any extractions are planned. If possible, have age appropriate Tylenol or Ibuprofen available at home in case your child may need it.
- Immediately before the appointment: Please have your child use the bathroom prior to being seen.

Signature: _____ Date: _____

Relationship to child: _____