



Versed Sedation Instructions

Our goal is to provide high quality care and a positive experience for your child. Sedation has been recommended for your child to help make the dental visit as easy and as comfortable for your child as possible. Use of sedation will generally relax and relieve fear and anxiety. When you arrive at the clinic, the doctor will administer the medicine. After your child takes the medicine, you will be waiting approximately 15 minutes for it to take effect before dental treatment begins. Though we do not “put children to sleep”, they often nap lightly.

Before the Sedation Appointment

Eating and drinking: Your child must not eat or drink anything after midnight before the appointment. This helps avoid vomiting and resulting complications during sedation.

Medications: Do not give your child any medications before or after the sedation appointment unless they are medications that your child takes routinely.

Change in Health: If there is any change in your child’s health (such as a cold, fever, ear infection, chest congestion or sore throat) during the days prior to his/her dental visit, notify our office to see if it’s necessary to postpone the appointment.

Clothes: Have your child wear loose and comfortable clothing to the appointment and bring a change of clothing.

Adult Supervision: We ask that a parent or legal guardian stay within the office throughout the appointment. Plan for a responsible adult to be able to monitor your child for 4-6 hours after the appointment. If you will be traveling by car, it is preferable to have two adults accompany the patient home so one adult can monitor your child while driving.

After the Sedation Appointment

Symptoms: Your child may experience the following symptoms up to several hours after treatment: grogginess, tiredness, sleepiness, dizziness, lack of coordination, crankiness, itchy nose, elevated temperature (up to 100.5 °F), nausea.

Naps: Your child may be sleepy and drowsy for several hours after being sedated. When driving home, your child should be carefully secured in a car seat or seat belt and try to position his/her chin up. When home, position your child so they nap on his/her side or stomach. If your child does not nap, do not be alarmed. Children react different to sedation.

Activity: Your child may have some unsteadiness or be uncoordinated after the appointment. Hold your child’s hand when walking. Do not allow your child to engage in active play (running, jumping, climbing, playing outside). Do not send your child to school the day of the appointment.

Eating and Drinking: Encourage clear fluids to avoid dehydration. Soft, non-chew or easy to chew bland food is the best immediately after the appointment.

Nausea: If your child throws up after sedation, allow him/her to rest and slowly sip clear liquids. This usually stops on its own.

If you have any questions or concerns, please contact our office at (206) 800-7790.