



After Your Child's Sedation Appointment

1. Your child has been sedated with Midazolam.
2. Your child's stomach has been empty for some time. Please be cautious about reintroducing foods to your child. **First start with liquids.** If that is taken with no problems, **a soft diet should be maintained all day.** Be sure to keep your child hydrated to reduce the risk of vomiting and dehydration.
3. Your child should **not** return to school or daycare today. He/she needs to be under close parental supervision. Do not plan or permit sport activities (including playground, swimming, and bicycle riding). Quiet, supervised indoor play with a lot of tender care is the order of the day. **Even if your child appears to be alert and normal, do not leave your child unattended.**
4. Frequently, children will take a nap when they get home. Just make sure your child **rests on his/her side** or back with the head supported and the **chin up** and is **closely monitored by an adult.**
5. Nausea and vomiting are occasional side effects of sedation. If vomiting occurs, immediately clear the material from your child's mouth and make sure breathing is normal.
6. Children's Tylenol (every 4-6 hours) or Children's Motrin (ibuprofen every 6-8 hours) may be given for minor discomfort. Follow the instructions on the bottle for dosing based on your child's age/weight.
7. If there are any questions or concerns, please call the office at 301-327-1003 immediately. If it is after hours, the message will instruct you on how you can reach the dentist on call.