## Appendix 9: Postsedation instructions (aftercare) for parents/caregivers

- A responsible adult must take the child home after the sedation. An adult must take responsibility for the child's welfare at home and remain with the child for the remainder of the day. The child must never be left alone. Sedation **will not** proceed if these prerequisites are not in place.
- It can take up to 24 hours for the sedative drugs to be eliminated from the body and for the child to recover from the effects of sedation (drowsiness, loss of memory, lack of awareness and coordination). Therefore, for at least 12 hours following the procedure/operation, the child must not be allowed to:
  - climb heights (e.g. play structures)
  - participate in any other activities that require alertness or coordination (e.g. swimming, cycling, etc.)
  - go back to school on the day of sedation
  - be unsupervised in potentially dangerous areas, like the kitchen, bath and other pools of water.
- After sedation, the child may continue any acute and chronic medication as ordered by the doctor/dentist.
- The child should not experience nausea or vomiting after sedation. If vomiting occurs more than once, please contact the responsible doctor/dentist.
- The child should not eat or drink if any nausea is present. Introduce fluids or foods slowly after sedation. If the child tolerates clear fluids, solids may be presented.
- After a dental procedure, due to the effects of local analgesia, the child's lip may remain numb for some hours. Be sure that the child does not bite the lip accidentally, as the child will not experience any pain.
- About 20% of children complain of double vision after sedation. This is a temporary drug effect and may sometimes last for up to 6 hours.
- Some children become aggressive after sedation. This may be a drug effect. Ensure that the child is not left alone. Contact the doctor/dentist if you are worried about this.
- If the child did not pass any urine within 6–8 hours of being discharged, please contact the doctor/dentist at the telephone numbers provided.
- The sedation may result in amnesia (loss of memory). This is temporary, sometimes lasting for a few hours.
- We trust that this information will answer all your questions. However, please phone your sedation practitioner or the practice if you are unsure about anything.
- We do not anticipate any complications, but should you become concerned about anything, however trivial, please contact the sedation practitioner or our office.

I, ……., the undersigned, and parent/carer of ……..(child's name) have read and understood these postsedation instructions, and agree to contact the doctor/dentist if there is anything more that is not clear to me.

Signature …… Date ……

We do not anticipate that you will have any adverse events or complications. Should you become concerned about anything, please contact:

Dr …… Telephone ……