



Oral Sedation Instructions

From the Office of Dr. Michael J. Guy 511A Lakeshore Drive, North Bay ON, P1A 2E3

Your child's required dental treatment will best be completed with the help of oral conscious sedation. It is recommended for apprehensive children, very young children, and children with special needs. It is used to calm your child and to reduce the anxiety or discomfort associated with dental treatments. Your child may be quite drowsy, and may even fall asleep, but they will not become unconscious.

There are a variety of different medications, which can be used for conscious sedation, but the drug of preference used by Dr. Guy is Midazolam (Versed). It is a commonly used, safe, effective drug. It is available in liquid only, dispensed in a 5mg / 5 ml bottle. The recommended dosing, based on your child's weight, is .5mg per kilogram up to a maximum of 15 mg.

Filling the Rx

Please allow your pharmacist sufficient time to fill the Rx. Going to the pharmacy the day of the appointment will not give them adequate time. The drug is not always stocked and a few days to a week may be required for the pharmacist to obtain it.

Prior to your appointment:

- Please notify us of any change in your child's health and/or medical condition. Do not bring your child for treatment with a fever, ear infection or cold. Should your child become ill, contact us to see if it is necessary to postpone the appointment.
- You must tell the doctor of any drugs that your child is currently taking and any drug reactions and/or change in medical history.
- Please dress your child in loose fitting, comfortable clothing.
- Your child should not have solid food for at least 6 hours prior to their sedation appointment and only clear liquids for up to 4 hours be-

fore the appointment.

Pre-op Instructions:

The medication must be taken in our office. Please arrive at the office on hour before the scheduled procedure to allow time for the medication to take effect.

- Please make sure that your child goes to the bathroom immediately prior to arriving at the office.
- Midazolam has a very bitter taste so please bring a bottle of juice for mixing along with the midazolam to the appointment. We recommend a very sweet fruit punch, grape or orange. We do not recommend apple because it does not mask the bitter taste.
- We will mix and administer the midazolam to your child
- Please watch your child closely while the medication is taking effect. Hold them in your lap or keep close to you. Do not let them "run around."
- Your child will act drowsy and may become slightly excited at first.
- The child's parent or legal guardian must remain at the office during the complete procedure.

After the sedation appointment:

- Your child will be drowsy and will need to be monitored very closely. Keep your child away from areas of potential harm. Take your child home immediately. Do not run errands or go to the mall.
- If your child requires a car seat for transport home a 2nd adult is preferred to observe your child's head position to avoid airway obstruction.
- If your child wants to sleep, place them on their side with their chin up. Wake your child every hour and encourage them to have

something to drink in order to prevent dehydration. At first it is best to give your child sips of clear liquids to prevent nausea. The first meal should be light and easily digestible.

- If your child vomits, help them bend over and turn their head to the side to insure that they do not inhale the vomit.
- Because we use local anesthetic to numb your child's mouth during the procedure, your child may have the tendency to bite or chew their lips, cheeks, and/or tongue and/or rub and scratch their face after treatment. Please observe your child carefully to prevent any injury to these areas.

Summary of Important Instructions Please:

- take the Rx to the pharmacy a few days before the appointment to give your pharmacist sufficient time to fill the Rx
- notify us of any change in your child's health and/or medical condition.
- Please dress your child in loose fitting, comfortable clothing.
- Your child should not have solid food for at least 6 hours prior to their sedation appointment and only clear liquids for up to 4 hours before the appointment.
- Bring a very sweet fruit punch, grape or orange to the appointment.
- Arrive at the office one hour before the scheduled procedure to allow time for the medication to take effect.
- make sure that your child goes to the bathroom immediately prior to arriving at the office
- After the appointment your child will be drowsy and will need to be monitored very closely.

Please call our office 705 476-5181 for any questions or concerns that you might have.