

# DISCHARGE INSTRUCTIONS



## For 24 hours following anesthesia, the child is at an increased risk of falling:

- It is likely that the child will be drowsy and sleepy for the rest of the day/evening.
- Please ensure the child is in a restful area; i.e. bed, couch.
- It should be fairly easy for the child to get out of sleep and rest.
- The healing process is best completed when the child is resting or sleeping.
- An adult should monitor the child when walking, crawling, around furniture or other sharp edges, and going up or down steps.
- Be aware that the child could experience anxiety and behavior changes after the procedure that could last up to 72 hours.
- Biking, climbing, and playing sports are not recommended for 24 hours after the procedure.



## When the child wakes up:

- Increase their activity slowly as the child's balance returns.
- Movies, television, video games, and/or reading are recommended quiet activities.



## Eating and Drinking:

- Food intake should be slow and should consist of soft light foods like Jello, crackers and broth. Nausea can be normal for 24 hrs. Avoid spicy foods.
- If no nausea is present, the child can slowly advance to regular foods.
- If the child is vomiting, wait a little while before starting clear liquids again.
- Be sure to follow the dentist instructions.
- The child should be able to urinate (pee) 6-8 hours after the procedure.



## Care for Pain, Discomfort or Fever:

- Pain and discomfort after a procedure is normal and expected.
- Nosebleeds are not uncommon and can persist for at least the first 12 hours.
- Take any medication the medical/dental provider has prescribed for the child.
- **Avoid ibuprofen (Motrin) for 6 hours after the procedure.**

Next dose can be given at:

- **Acetaminophen (Tylenol) can be used for pain.**

Next dose can be given at:



## Low-grade fever (less than 100.4 F) after the procedure can occur. If this happens:

- Provide a fever-reducing medicine, if allowed by the provider.
- Encourage fluids to keep them hydrated.
- Watch for signs of infection (swelling, redness, foul smell, drainage, or prolonged fever).



### To help decrease the child's pain:

- Provide a pain relief medicine, if allowed by the child's provider.
- Attempt to explain to the child that pain is normal, and it is only temporary.
- Attempt distraction with playful activities.
- Use a cool or low heat source for comfort, if allowed by the child's provider.
- Encourage deep breathing or blowing bubbles as a distraction and way to help them relax.
- Comforting touch; attempt cuddling, stroking, massage, holding, or rocking.



### The following symptoms could be concerning and may need further follow up:

- Is too sleepy and the child does not wake up easily.
- Nosebleeds that are heavy and/or the child feels dizzy or weak.
- The nausea/vomiting is lasting over 12 hours and/or is worsening.
- Does not urinate (pee) within 6-8 hours after procedure.
- Has pain that cannot be tolerated with over-the-counter medications.
- Runs a fever that will not go down with a fever-reducing medicine or lasts longer than 24 hours.
- Shows signs of infection (swelling, redness, foul smell, drainage, or prolonged fever).
- Has more drainage, bleeding or swelling at the dental site.

**If there are any concerns regarding the child's symptoms after hours or in the event of an emergency, please proceed to the nearest Emergency Room immediately or call 911.**

**For any Dental concerns – Please contact your Dental provider.**

**For any Anesthesia concerns - Further follow up regarding anesthesia concerns may be addressed by contacting SmileMD, Monday-Friday between 8AM and 5PM EST by:**

- **Phone: (877) 789-8583**
- **Email: [patient-communications@smilemdsedation.com](mailto:patient-communications@smilemdsedation.com)**



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