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HOME CARE INSTRUCTIONS AFTER PRE-MEDICATION:

Please follow these instructions to help your child today:

1. Make sure your child does not bite, chew or suck the inside of the cheek or lip. Some areas of the mouth may remain numb (asleep) for a few hours where treatment was done.
2. After the procedure you can give your child small sips of room temperature clear liquids to start. This helps keep the stomach calm. Also **clear liquids** such as chicken/beef broth, apple juice, clear Jell-o, Gatorade, 7-Up or etc, at room temperature, can be given in small amounts. Avoid really hot food or liquids!!!
3. **NO SOLID FOOD** (milk is also considered a solid food) should be given up to 3hrs after your appointment. Then, you can give small amounts of yogurt, pudding, milkshake, smoothie, rice, etc.
4. Your child may remain drowsy for part of the day and may want to sleep. It is usually best to interrupt deep sleep until the medication has completely worn off. **DO NOT** allow your child to sleep for more than ½ hour at a time. Wake him/her up each 30 minutes, up to 3-4 hours after your appointment. **Make sure a responsible adult is checking on your child at all times, even while they are asleep.**
5. Get sharp furniture and lamp cords away from where the child will sleep. Do not place your child on a high bed or couch as he/she may awake suddenly and try to get up in which case he/she could fall.
6. It is very helpful to give your child some children's Motrin or Tylenol when the medication wears off, in an effort to minimize any discomfort they may have after their dental treatment. The Medication usually lasts about 4-5 hours, from the initial time of pre-medication. Give proper amounts of children's Motrin or acetaminophen (Tylenol) if you feel your child is uncomfortable for the remainder of the day. Remember, some soreness can be expected the first few days following treatment.
7. It is advisable that you do not allow your child to play unattended. He/she may still be unsteady enough to cause problems with balance, and injury could result. Keep them out of school, No baths or showers after the appointment and have them supervised by a responsible adult for the remainder of the day. We recommend a rest day following the procedure with no plans for strenuous activity, play dates, schoolwork or athletic events for 24 hours.
8. Occasionally a child may develop a mild elevated temperature following their appointment; children's Tylenol at appropriate doses and lot's of fluids should help. If your child develops fever above 101 degrees, vomiting, difficulty breathing or any other complication please call the office immediately or **seek medical attention immediately!**
9. Reassure your child that you are "**proud**" of his/her achievement; for being such an excellent helper and for getting the dental treatment completed. We believe every young patient is aware of their tremendous achievement on the day of the dental visit, positive reinforcement is crucial in letting them know how much we appreciate their cooperation and effort in making the treatment a successful one.

CALL THE OFFICE IF YOU HAVE ANY QUESTIONS OR IF YOUR CHILD IS NOT "UP AND AROUND" AFTER A FEW HOURS: Tel: 650-372-9292