

Wachusett Pediatric Dentistry  
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## **Instructions for Nitrous Oxide Conscious Sedation**

**In order to help ensure a successful and safe sedation appointment for your child, your understanding and cooperation of the following is necessary.**

### **BEFORE THE SEDATION**

- 1- **DO NOT** let your child **EAT** or **Drink** for **SIX HOURS** before the appointment. This is to reduce the risk of nausea and vomiting and aspiration that may occur.  
**Medications** are **allowed** to be taken. Please inform us prior to the Sedation appointment of any medications that your child is taking.
- 2- If a parent or legal guardian is unable to accompany the patient, a responsible adult who is authorized in writing by the parent or legal guardian may accompany the patient. He/she **MUST** be familiar with the procedure and these instructions.
- 3- Notify us if there is any change in your child's health. You should reschedule your child's appointment if he/she has cough, respiratory congestion or digestive problem, fever, or had food or drinks, etc.
- 4- Please give us an advanced notice if you must cancel or reschedule your child's sedation appointment as soon as possible to avoid the missed appointment fee of \$50. This charge will be your financial responsibility.
- 5- Please be advised that **pregnant** women **can not stay** in the room during Nitrous Oxide sedation.
- 6- It is advisable to minimize the exposure of nitrous oxide to people. Only the Dentist, assistant staff and the patient are necessary to be in the treatment room.  
**ONLY ONE PARENT** in the treatment room may be allowed if needed.
- 7- Please be advised that other than the patient **NO OTHER CHILDREN** are allowed in the treatment room during the procedure.  
**Children** should **NOT BE UNATTENDED** in the waiting room without adult supervision.  
Our **staff** members are **NOT** to **attend children** in the waiting room.
- 8- **NO SCHOOL** after the sedation appointment. **NO ACTIVITIES** where balance is important (playground, swimming, dancing, sports or physical activities, stairways, etc.) for the remainder of the day (up to six hours) You may want to advise the school/daycare that your child will not be attending on the day of sedation.
- 9- If you have any questions regarding any of the above or the proposed treatment, please contact the office at 1 (978) 342-3004.

## AFTER THE SEDATION

- 1- Some children may remain drowsy and ill coordinated after the sedation for up to the remainder of the day. Do NOT be alarmed. Please keep a close supervision on your child. The shorter the appointment and the less the patient talks or cries or less mouth breathing, the less likely he/she will be **drowsy or irritable after sedation**. After dental treatment, if your child must nap, put on lie on side in case of vomiting.
- 2- Your child should remain under constant adult supervision. Your child should be carefully be secured in a car seat or wear a seatbelt during transportation. **DO NOT USE A BUS.**
- 3- **NO school** after the sedation appointment. **NO activities** where balance is important (playground, Swimming, dancing, sports or physical activities, stairways, etc.) for the remainder of the day (up to six hours).
- 4- Follow the instructions of the dentist regarding eating and drinking after the sedation appointment. Start with a few sips of water as soon as possible. Proceed slowly to clear drinks and soft foods such as smoothies, yogurt, etc. as tolerated. Too much too fast may cause vomiting.  
A **TIP**, a few sips of ginger ale may settle the stomach and help stimulate your child after sedation.
- 5- Your child may experience concern or be frightened by the sensation from the local anesthetic. Many children may describe this 2-4 hour sensation as "hurt". A child who is numb after local anesthesia may play with and chew on his/her lips, cheek and tongue. Watch your child closely and carefully while the numbness wears off.
- 6- If there is any matter regarding your child's condition, please contact the office at 1 (978) 342-3004.