



MAGIC SMILES

DENTAL CARE FOR KIDS

Oral Conscious Sedation

Q: What is sedation?

Sedation is a technique to guide a child's behavior during dental treatment. Medications are used to help increase cooperation and to reduce anxiety or discomfort associated with dental procedures. Sedative medications cause most children to become relaxed and drowsy. Unlike general anesthesia, sedation is not intended to make a patient unconscious or unresponsive.

Q: Who should be sedated for dental treatment?

Sedation may be indicated for children who have a level of anxiety that prevents good coping skills, those who are very young and do not understand how to cope in a cooperative fashion, or those requiring extensive dental treatment. Sedation can also be helpful for some patients who have special needs.

Q: Why utilize sedation?

Sedation is used for a child's safety and comfort during dental procedures. It allows the child to cope better with dental treatment and helps prevent injury to the child from uncontrolled or undesirable movements. Sedation promotes a better environment for providing dental care.

Q: What medications are used?

Various medications can be used to sedate a child. Medicines will be selected based upon your child's overall health, level of anxiety and dental treatment recommendations.

Q: Is sedation safe?

Sedation can be used safely and effectively when administered by a pediatric dentist who follows the sedation guidelines of the American Academy of Pediatric Dentistry.



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Instructions to Follow Before Your Child's Sedation

*Safety of your child is the utmost importance at Magic Smiles Dental Care. In order to provide your child with a safe and effective sedation experience, **you must carefully follow every instruction listed below.** We sincerely employ your cooperation to achieve this mutual goal. (Guidelines adopted from American Academy of Pediatric Dentistry)*

Be calm, confident and knowledgeable

You, as parent/legal guardian, play a key role in your child's dental care. Children often perceive a parent's anxiety which makes them more fearful. They tolerate procedures best when their parents understand what to expect and shows calm and confidence. If you have any questions about the sedation process, please ask; we are happy to answer any questions that you may have. As you become more calm and confident about dentistry, so will your child.

Notify health changes

Please notify our office of any change in your child's health and/or medical condition. Fever, ear infection, nasal or chest congestion, or recent head trauma could place your child at increased risk for complications. Should your child become ill just prior to a sedation appointment, contact our office to see if it is necessary to postpone the sedation.

Notify medications

Tell us about any prescribed, over-the-counter, or herbal medications your child is taking. Check with us to see if routine medications should be taken the day of the sedation. Also, report any allergies or reactions to medications that your child has experienced.

Fasting - no food and liquids

Food and liquids must be restricted in the hours prior to sedation. Fasting decreases the risk of vomiting and aspirating stomach contents into the lungs, a potentially life-threatening problem. We will not proceed with the sedation if you do not comply with the following requirements. Let everyone in the home know about the fasting requirements, because siblings and others often unknowingly feed the child.

Minimum Time of Fasting Prior to appointment is 8 hours – Standard rule of nothing to eat or drink after midnight.

Loose clothing

Dress your child in loose fitting, comfortable clothing. This will allow us to place monitors that evaluate your child's response to the medications and help ensure your child's safety. These monitors may measure effects on your child's breathing, heart rate, and blood pressure.

One or more parent for each child

Try not to bring other children to this appointment so you can focus your attention on your child undergoing the sedation.

Arrive on time

It is **VERY** important that you arrive on time to your appointment. The scheduled time includes the time required for the sedation medication to take effect. If you are more than 10min late we will have to reschedule your appointment. A calm, orderly day would provide the best chance for quality sedation. Any rushing, either by you or us would jeopardize the chance of success.

Phoenix

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Instructions to Follow During Your Child's Sedation

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Description of your child's Non-IV conscious sedation:

We have recommended sedation for your child's safety and comfort during dental procedures. Sedation can help increase cooperation and reduce anxiety and/or discomfort associated with dental treatment. Various medications can be used to sedate a child; medicines will be selected based upon your child's overall health, level of anxiety, and dental treatment recommendations. Once the medications have been administered, it may take up to an hour before your child shows signs of sedation and is ready for dental treatment. Most children become relaxed and/or drowsy and may drift into a light sleep from which they can be aroused easily. Unlike general anesthesia, sedation is not intended to make a patient unconscious or unresponsive. Some children may not experience relaxation but an opposite reaction such as agitation or crying. These also are common responses to the medicines and may prevent us from completing the dental procedures. In any case, the Doctor and staff will observe your child's response to the medications and provide assistance as needed.

Watch your child closely and keep him/her calm

Once sedative medications are administered, we will ask you to watch your child closely as he/she may become sleepy, dizzy, unsteady, uncoordinated, or irritable. You will need to remain next to your child to prevent injuries that may occur from stumbling/falling. Keeping your child calm but distracted from the unfamiliar surroundings often is helpful.

Remain in our office

You, as the child's parent/legal guardian, must remain at the office throughout the sedation appointment. Please do not leave the office for any reason.

Prepare for a long appointment

The doctor and staff will evaluate your child's health status before he/she will be discharged home. Children recover from effects of sedatives at different rates so be prepared to remain at our office until the doctor has determined your child is stable and the after-effects are minimal. At discharge, your child should be responsive but may be drowsy, crying, or fussy.



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Instructions to Follow After Your Child's Sedation

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Breathing

Once home, your child will still be drowsy and must remain under adult supervision until fully recovered from the effects of the sedation. If your child wants to sleep, position your child on his/her side with the head supported and the chin up. During this period, check your child's breathing and airway every 3-5 minutes. If your child is snoring, reposition the head until the snoring disappears and your child breathes normally. If breathing becomes abnormal or you are unable to arouse your child, contact emergency services (call 911) immediately.

Nausea/vomiting

Nausea and vomiting are occasional side effects of sedation. If vomiting occurs, immediately clear the material from your child's mouth. Once again, be sure that breathing is normal. If breathing becomes abnormal or you are unable to arouse your child, contact emergency services (call 911) immediately. If vomiting persists for 20 to 40 minutes, contact our office immediately (602-253-6600).

Limit activities

Your child may be drowsy for some time after the sedative appointment. Restrict activities for the remainder of the day. Prohibit potentially harmful activities such as bike riding, swimming, using playground equipment, or any activity where balance is important.

Numbness - caution

In addition to the sedative medications, we use local anesthetic to numb the mouth during dental treatment. The numbness usually lasts 2-4 hours. Watch to see that your child does not bite, scratch, or injure the cheek, lips, or tongue during this time.

Irritability/discomfort

Children may be irritable after treatment. If this occurs, stay with your child and provide a calm environment. If you believe the irritability is caused by discomfort, you may give your child acetaminophen (Tylenol®) or ibuprofen (Motrin®, Advil®). Follow the instructions on the bottle for dosing based upon your child's age/weight.

When/what to eat?

Once your child is alert, you may give him/her sips of clear liquids to prevent nausea and dehydration. Small drinks taken repeatedly are preferable to large amounts. The first meal should be something light and easily digestible (ex: soup, Jell-O®, apple sauce). Do not give fatty or spicy foods (ex: French fries, tacos, salsa, milk, cheese or yogurt).

Fever

A slight fever (temperature to 100.5°F) is not uncommon after sedation. You may give your child acetaminophen (Tylenol®) or ibuprofen (Motrin®, Advil®). Follow the instructions on the bottle for dosing based upon your child's age/weight. Because dehydration may cause a slight increase in temperature, clear fluids may help correct this condition. If a higher fever develops or the fever persists, call our office.

Please feel free to call the office for any questions or concerns. 602-253-6600

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INFORMED CONSENT FORM: ORAL CONSCIOUS SEDATION

The purpose of this document is to provide an opportunity for the child's **legally responsible parent/guardian** to understand and give permission for oral conscious sedation of the child in conjunction with his/her dental treatment.

The parent/guardian should initial each item after an opportunity for discussion and ask questions.

_____ 1. I understand that the **purpose** of oral conscious sedation is to achieve minimal/moderate sedation facilitating my child to receive necessary care more comfortably. Minimal/moderate sedation is not required to provide the necessary dental care. I understand that minimal/moderate sedation has limitations and risks and absolute success cannot be guaranteed. (See #4 for alternative options.)

_____ 2. I understand that minimal/moderate sedation is a drug-induced state of reduced awareness and decreased ability to respond. The **goal** of minimal/moderate sedation is not sleep, however my child may be relaxed enough to fall asleep. His/her ability to respond normally will return when the effects of the sedative(s) wear off.

_____ 3. I understand that the medication for my child's sedation will be administered via the following route: Oral Administration. My child will take the medication at the beginning of the appointment. Nitrous oxide, commonly called "laughing gas" may be used in conjunction during the treatment. The effect of sedation may last from 3 up to 24 hours.

_____ 4. I understand that the **alternatives** to minimal/moderate sedation are:

A. No treatment: Existing condition(s) can worsen. Adverse consequences of no treatment may include but not limited to pain, infection, swelling, deterioration of the bone around the teeth, changes in bite, jaw discomfort, premature lost of teeth and space, emergency medical attention and/or hospitalization.

B. Deep sedation/general anesthesia: A controlled state of unconsciousness that requires the services of an anesthesia professional.

_____ 5. I understand that there are **risks** or **limitations** to all procedures. For minimal/moderate sedation the possible risks or limitations include:

A. Inadequate sedation and/or paroxysmal reaction (sudden outburst of emotion) may necessitate the patient to complete the procedure without effective sedation, re-schedule the procedure for another time, and/or choose an alternative form of sedation.

B. Deeper-than-anticipated sedation may require premature termination of treatment, administering reversal agent to reduce sedation, prolonging appointment time for observation, and other measures necessary to ensure my child's well being.

C. Possible **complications** of sedative drugs include but not limited to dizziness, sweating, dry mouth, nausea/vomiting, GI discomfort, allergic reaction, seizures, and respiratory depression.

D. Atypical reactions to sedative drugs, which may require emergency medical attention, result in hospitalization, and may even result in death.

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_____ 6. I understand that I **must notify** the doctor about all of my child's mental and physical condition, including any allergy or sensitivity to any medications, and if he/she is presently on any medications.

_____ 7. I understand that, to ensure a safe sedation procedure, I must be **present** in the office during the entire sedation procedure. If, during the procedure, a change in treatment is required, I will be asked to make a treatment decision for my child in a timely manner.

_____ 8. I confirm the receipt of and understand the before, during, and after sedation **instructions**.

_____ 9. I have had the opportunity to discuss minimal/moderate sedation of my child, and have my **questions answered** by qualified personnel including the doctor. I also understand that I must follow all the recommended treatments and instructions of my doctor for the best care of my child.

_____ 10. I confirm that my child has NOT had ANYTHING to EAT/DRINK within 6 hours of this appointment.

_____ 11. I understand that, every reasonable effort will be made to ensure that the oral conscious sedation procedure is completed safely and efficiently, although it is **not possible to guarantee results**.

I am the legally responsible parent/guardian, and...

I here by (_____) **consent** to oral conscious sedation of my child in conjunction with his/her dental care.

I (_____) **decline** the recommendation of oral conscious sedation for my child in conjunction with his/her dental care.

Childs name

_____ X _____ / / _____
Parent/Legal Guardian (print) Signature Date

Witness

With regard to my child, I voluntarily request Magic Smiles associated Dentist and/or assistants as he may designate to utilize the following sedative and reversal agents, which are deemed necessary or advised to facilitate the rendering of necessary dental treatment.

Midazolam (Versed) oral

Nitrous Oxide

Meperidine (Demerol)

Hydroxyzine

Triazolam

X _____
Signature of Parent/Legal Guardian