



## **Post-Sedation Care:**

### **Your child may experience any of the following:**

- Dizziness and/or lack of coordination
- Alert one minute then sleepy or “loopy” the next. This could last 4-8 hours
- Irritability, mood swings, and/or hallucinations
- Sleep problems including nightmares, inability to sleep or fear of sleep. This could last 24 hours

### **Traveling home:**

- If your child falls asleep in the car, keep their head from falling forward onto their chest. Rest it to the side with their chin up. Semi reclined position helps.
- A hot car with no AC and fast movement increases chance of vomiting, so turn on AC if it is hot outside and drive carefully
- If possible, bring another adult with you to the sedation appointment so you can take care of your child in the car seat while the other person can concentrate of safely driving home.

### **Supervision:**

- Watch your child at all times following the sedation. He/She needs supervision for the next 24 hours
- Avoid pillows and extra blankets
- Lay your child on their side to sleep to avoid aspirating vomit if they become nauseous
- Don't let your child walk on their own until 6 hours after getting home
- Avoid strenuous activities such as swimming, running, etc.

### **Diet:**

- Limit child's intake to clear fluids for first several hours. Clear liquids includes: Popsicles, 7-up, clear fruit juices, soup broth, water
- The first meal should be soft requiring little chewing such as applesauce, yogurt, scrambled eggs, mashed potatoes