

Instructions for patients **BEFORE** sedation

- **PLEASE CONFIRM YOUR APPOINTMENT 4 DAYS PRIOR - or your appointment will be cancelled**
- **Nil by mouth 4 hours (Food and fluid)**
- Bring a change of clothes.
- Remove all nail polish.
- Bring a favourite toy and/or DVD.
- Antibiotics if required.

Instructions for patients **FOLLOWING** sedation

- If possible - bring a support person with you.
- Your child must be fully supervised for the remainder of the day. **Your child should not be out riding bikes, trikes and kept away from swings and slides etc. If your child is having a bath later that day your child must not be left alone or unsupervised.**
- **Please** keep your child away from the road, and **please** hold their hand when near a road.
- We would recommend that you keep your child quiet inside - perhaps watching TV or video/DVDs for example.
- If your child has had local anesthetic please remind them not to bite their lips as a large ulcer may result (a lemonade ice block on the way home is a good idea).



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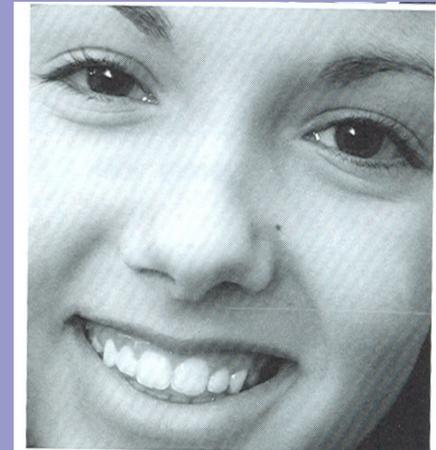
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Information about Paediatric Sedation



Instructions for patients to have sedation

We give children sedation either as a liquid, or younger children a small injection to their bottom to help relax them or occasionally as a gas (for older children). We are trying to teach your child how to manage a dental situation better and this is one tool.

Parents are present at all stages (for pre-school & primary school children).

The sedation is designed to relax your child only - they will still be able to talk to you and answer questions. We encourage parents to help by playing the many children's games with us, and sometimes sitting with your child in the dental chair.

Please make sure your child is nil by mouth 4 hours before their appointment (No food or fluids).

Please be careful with your language - be positive.

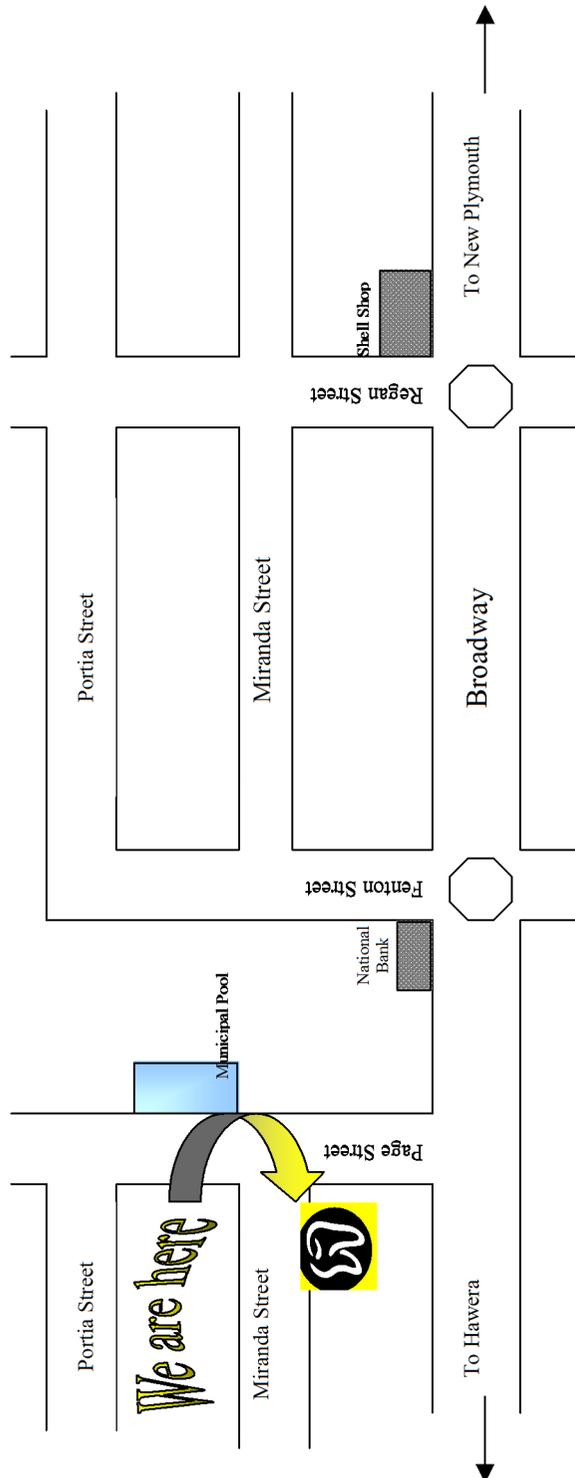
Usually we prefer an initial visit so that you and your child can become familiar with us and make your second visit so much more pleasant. **It is important that the parent/caregiver that brings the child to the first consultation is also present for the subsequent treatment appointment.** For those traveling a distance to see us we bend this rule but prefer that you come very early to your appointment so that time is allowed for familiarization. It is also important that you have a support person if you are travelling some distance.

We use a variety of behavioural techniques depending on your child's age, prior experiences.

Please bring your child's favourite toy or books and give us some clues about their interests/pets etc. We also recommend a change of clothing in case of unforeseen accidents, especially for preschoolers.

Please remove all nail polish from fingers & toes. Please give your child breakfast before they come, a hungry child is not a happy child.

We look forward to your visit and remember **be positive.**



Filling materials that we use

Filling materials that we use are designed specially for use in children. Children's teeth are different in shape & composition than adult teeth and are more flexible, so we use materials with a proven success rate for children.

Children's 'fillings' include:

- fissure sealants & preventative resin restorations for **early caries** (tooth coloured)
- Glass ionomer, compomer, composite (all tooth coloured) & amalgam for **medium size cavities**
- composite crowns (tooth coloured) for front teeth or stainless steel crowns for back teeth for **large lesions** (these have the best success rate in this situation), or zirconia white crowns.



Filling choice is often determined by the child. Some of the larger tooth coloured fillings can take a significant amount of time to place well and when a child won't tolerate this a stainless steel crown for example may be a better choice. These will hold space also & function well for the developing permanent teeth.

When a baby tooth is lost early, sometimes a space maintainer is necessary to save space for the next permanent tooth. The space can be lost when near by teeth move into the space. Crowding can then result when the permanent tooth has limited space to grow in to.

