

### **What to do after an appointment that required sedation.**

Valium typically takes 6 hours to wear off so please be care not to perform any activities until that time.

For children, do not send back to school. We will be happy to provide an excuse note. As they may be hungry, you can give them anything that they can swallow without chewing, ie. soup, pudding, yogurt, smoothies, etc. Avoid foods that require chewing until the numbing has completely worn off. Sometimes, they like to test and chew their numb lips and cheeks. Try to distract them from doing this as it may cause swelling or unnecessary cuts. Children tend to feel very dizzy after sedation and nitrous so make sure that they are supervised at all times until they appear back to normal

If you have any question, please contact the office at 586-323-7201

\*\*\*\*Smile Shapers Dental, 44627 Mound Road, Sterling Heights, MI 48314\*\*\*\*

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