

Pediatric Pre & Post-Sedation Instructions

Dr. Wicus Nienaber (MBChB)

Practice Nr: 1401777 | Professional Procedural Sedation & Analgesia

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Important Age Requirement

Pediatric sedation is only provided for children aged 3 years and older.

Children under 3 years require specialized anesthetic care in a hospital setting.

Pre-Sedation Instructions for Children (Ages 3+ Years)

Medical Preparation

Complete and submit your child's medical history form accurately, including all medications, allergies, medical conditions, and previous reactions to sedation or anesthesia. Inform Dr. Nienaber immediately if your child becomes unwell before the procedure - even minor illnesses may require postponement for safety.

Fasting Requirements (Critical for Child Safety)

- **Stop all solid foods and milk 6+ hours before your child's procedure**
- **Stop breast milk 4 hours before the procedure (for babies)**
- **Stop clear fluids (water, apple juice) 2 hours before the procedure**
- If your child takes chronic medication, give it on the day of procedure only after discussing with Dr. Nienaber

These requirements are essential for your child's safety and must be followed exactly.

Day of Procedure Preparation

- Dress your child in comfortable, loose-fitting clothes with easy-access sleeves
- Ensure your child has emptied their bladder before the procedure
- Arrive at least 30 minutes early for preparation and assessment
- You may remain with your child until sedation begins and they feel relaxed
- Local anesthetic patches or cream may be applied beforehand to minimize discomfort from the IV insertion
- Bring your child's favorite comfort item (blanket, toy) if appropriate

Post-Sedation Instructions for Children (Ages 3+ Years)

Immediate Supervision (Critical - No Exceptions)

- **A responsible adult must take your child home and remain with them for the entire remainder of the day**
- **Never leave a sedated child unattended, even for brief moments**
- Your child will be unsteady and require help walking for several hours
- Sedation will not be provided if your child arrives without an appropriate escort

Normal Effects in Children (Do Not Be Alarmed)

- **About 20% of children experience double vision or blurriness lasting up to 6 hours**
- Temporary memory loss of the procedure (normal and expected)
- Increased emotional responses - more crying, clinginess, or wanting extra comfort
- Some children may be temporarily more irritable or occasionally aggressive
- Coordination difficulties requiring assistance with walking
- Temporary amnesia lasting a few hours

These effects are completely normal in children and will resolve on their own.

Safety Restrictions (12+ Hours)

- **No activities requiring alertness or coordination (swimming, cycling, playground equipment)**

- **Keep away from potentially dangerous areas: kitchen, bathroom, stairs, pools of water**
- After dental procedures: watch carefully that they don't bite their numb lip or tongue
- No climbing or unsupervised play
- No riding bicycles, scooters, or similar equipment
- Avoid hot surfaces and sharp objects

Recovery Care

- Introduce fluids slowly once your child is awake and alert
- Start with small sips of water, progressing to normal foods only when fluids are well tolerated
- Some children may feel nauseous - don't force eating or drinking if they feel unwell
- Allow extra rest and provide comfort as needed during emotional responses
- Be patient with increased emotional needs - extra cuddles and reassurance are normal
- Interfere as little as possible with your child's natural recovery process

Contact Dr. Nienaber Immediately If:

- **Your child vomits more than once**
- **Cannot urinate within 8 hours after sedation**
- Excessive drowsiness or difficulty waking
- Breathing difficulties or unusual agitation
- Severe or prolonged aggressive behavior
- Any behavior or symptoms that concern you as a parent
- Signs of allergic reaction (rash, swelling, difficulty breathing)

24/7 Emergency Contact for Parents

Dr. Wicus Nienaber

 **+27 71 897 6285**

For immediate life-threatening emergencies, call emergency services first, then contact Dr. Nienaber.
Trust your parental instincts - if you're concerned, call immediately.

Important Reminders for Parents

- **Submit all forms to:** forms@sasedation.co.za at least 24 hours before procedure
- **Age requirement:** Only children 3+ years can receive procedural sedation
- **Escort requirement:** No sedation will be provided without a responsible adult escort
- **Follow all instructions exactly** - your child's safety depends on compliance
- **Ask questions:** Contact Dr. Nienaber if anything is unclear about your child's care
- **Procedure may be postponed** if your child is unwell or fasting requirements are not met
- **Normal recovery varies:** Some children recover faster than others - be patient

SA Sedation - Professional Pediatric Procedural Sedation

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Specialized care for children requiring procedural sedation (Ages 3+ Years Only)

This document contains critical safety information for parents. Please read carefully and keep for reference.

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