



LITTLE CHOMPERS PEDIATRIC DENTISTRY

REM Pre-Op Instructions

- If your child takes medications for seizure, thyroid, cardio, or GERD they may take their medication by 6am or two hours prior to their appointment with the smallest amount of water possible. (Example: John's appointment is at 7:30am, so he takes his medication at 5:30am)
- Do not have your child brush their teeth the morning of their appointment as we do not want any toothpaste or unnecessary water to enter their stomach prior to their appointment. Toothpaste acts like food in the stomach and takes a long time to digest.
- Do not take your child to school/daycare on the day of surgery. There is a risk that your child could eat or drink without the parents' knowledge.
- A parent or legal guardian needs to be present with the child at the time of surgery. If you are not a biological parent and you plan to bring the patient, a consent form is required.

Appointments BEFORE 12pm:

- Do not let your child eat or drink anything after midnight the night before their procedure.

Appointments AFTER 12pm:

- Your child may have a *LIGHT* breakfast (i.e. cereal, toast, or fruit) BEFORE 6am and water (**water only**) until 9am.

Suggestions to help distract your child while they cannot eat:

- Keep them up late the night before and let them sleep in as late as possible.
- Having a hard time not eating at home? Got a secret snacker? Take them to the park to run around so they do not have access to snacks.
- You are more than welcome to come into the office early with a tablet/device or to let them play with the other kids on the jump pad.

REM Sedation Group Contact Information – P: (913)808-0956 – If you have any questions or concerns, please give us a call at (816)207-3022 or email us at kcoffice@littlechomperspdp.com