

Pre-treatment Instructions



“When can I schedule my child’s treatment appointment?”

- We schedule treatment appointments during the hours of **8am-2pm** daily. We recommend early morning appointments for younger patients or children who are nervous at the dentist. This allows them to be well rested and sets them up for a successful experience.

“What if my child is nervous during treatment?”

- We use nitrous oxide (laughing gas) as a tool to create a positive dental experience for your child. Nitrous oxide will not sedate your child, the effects are to make the child relaxed and confident for a successful treatment appointment.

“What do I tell my child about treatment?”

- We find that less is more when explaining treatment, especially for younger patients. Try saying “The dentist will use a special toothbrush to clean the sugar bugs from your teeth and make your tooth healthy.” When your child arrives at the appointment our clinical team will show and tell them everything in a very child friendly manner.
- **Please refrain from using the words “shot”, “drill”, or “doesn’t hurt”.**

“Can my child eat before the treatment appointment?”

- We recommend **no food or drink for at least one hour prior** to the appointment. We want to avoid the child becoming nauseous during treatment.

“Can my child eat after the treatment appointment?”

- Your child is **able to drink right away, and eat very soft foods** that don’t require chewing (such as smoothies, yogurt, apple sauce, pudding). We recommend waiting until all the numbness wears off before eating solid foods.

“Can I be in the room during my child’s appointment?”

- Yes! We have an open door policy and **allow one parent/guardian for each patient**. During the treatment we encourage you to be a silent partner and support your child with your presence by holding their hand and being there for them. We want to make sure the child knows to listen to the dentist’s voice during the treatment. Siblings are not allowed in the treatment room.