



# Sedation Packet

Everything You Need for Your Child's Sedation Appointment



# 1. Next Steps

**Consent & Estimate Completed:** Both documents are completed in-office at your initial visit.

You're all set! This packet provides instructions you can reference anytime and includes information about your care team and payment options.

## Before Your Appointment:

- Review the instructions (especially if your child is feeling sick before the appointment)
- Deposit/Payment: A \$250 anesthesia (PDAA) deposit and a \$100 dental treatment deposit are required to reserve your sedation appointment
  - The remaining balance is due on the day of treatment
- Treatment fees may change if the treatment plan changes—we will review and confirm with you



# 2. Sedation Instructions

## Before the Appointment (Required)

- **Changes in health:** Any change in health status prior to the sedation appointment—especially a cold or fever within 7 days—may require rescheduling for safety. Please inform our office or PDAA immediately.
- **Medications:** Any necessary medications must be cleared with our office prior to the appointment.

## NPO (Fasting) Restrictions

- Your child may have a light breakfast such as toast, pancakes, or fruit (NO meat) up to 6 hours before the appointment time.
- Your child cannot have ANY food within 6 hours prior to your arrival time.
- Clear liquids (water, apple juice or juice without pulp, Jell-O, Popsicles, Gatorade) are allowed up to 3 hours before the procedure.
- Nothing by mouth for 3 hours prior to the procedure.
- Important: Not following NPO instructions may result in delay or cancellation.
- Questions about restrictions? Contact a PDAA nurse: (813) 545-9924.

## Supervision & Transportation

- Two adults must accompany the patient to the sedation appointment (one must be the legal guardian).
- No school/daycare before or after the appointment.
- Dress your child in loose-fitting clothes.
- Your child may be sleepy or irritable afterward—no walking or playing without close supervision.



# 2. Sedation Instructions

## cont.

### Appointment Time & Arrival

- Appointment time is confirmed about 1 week prior. A preliminary text/email may not be the final time.
- You will receive a call from our team about 1 week before with the confirmed time.
- Please arrive 30 minutes early for check-in.
- On arrival, you'll sign the permit/consent for sedation and your child will be weighed to confirm dosage.

### During Treatment

- Your child may be placed in a protective wrap to prevent unnecessary movement.
- Monitoring equipment and additional personnel will be present to ensure wellbeing.
- Parents/guardians are not permitted in the operatory. Please remain in the waiting room.
- If you must leave, check with reception so we can reach you.

### After Treatment (Getting Home + Eating)

- Monitor your child closely for signs of distress and secure them in a car seat/seatbelt.
- Two adults are required to accompany the child home.
- Encourage liquids as soon as possible (water, clear fluids, broth, juice, Gatorade).
- Soft bland food may be taken when desired.
- If vomiting occurs: stop intake for 1–2 hours, then restart with small amounts of clear liquid.

# 2. Sedation Instructions cont.

## **Problems, Emergencies, Cancellation, Payment**

- Call our office if vomiting persists beyond 6 hours, fever persists beyond 24 hours, breathing difficulty occurs, or for any concern.
- Emergency: Office (904) 471-8500 • Emergency line (386) 237-8485.
- Cancellation: 48-hour notice required. After a second cancellation, the appointment may not be rescheduled.
- Deposit/Payment: A \$250 anesthesia (PDAA) deposit and a \$100 dental treatment deposit are required to reserve your sedation appointment. The remaining balance is due on the day of treatment. Treatment fees may change if the treatment plan changes, and we will review and confirm with you.
- Forms of payment: CareCredit, cash, credit/debit cards (no personal checks). Anesthesia fees are separate and may differ.



# 3. Your Care Team



Pediatric Dentist

**Dr. Luis A. Cruz**

Pediatric dentist serving St. Augustine and Palm Coast, known for his calm, kid-friendly approach and clear communication with parents.

D.M.D. University of Puerto Rico • Pediatric Dentistry Residency NYU • Member AAPD & ADA



Pediatric Dentist

**Dr. Natalia Caballero**

Pediatric dentist serving St. Augustine and Palm Coast, known for his calm, kid-friendly approach and clear communication with parents.

D.M.D. University of Puerto Rico • Pediatric Dentistry Residency NYU • Member AAPD & ADA



# 3. Your Care Team cont.



Pediatric Dentist

**Dr. Emma Dionise**

A St. Augustine native who is passionate about creating comfortable, positive dental experiences for children and building lasting family relationships.

Davidson College • University of Florida College of Dentistry • Pediatric Residency Children's Hospital of Wisconsin • ABPD Diplomate



Anesthesia Provider

**Dr. Brooke Maryak**

Board-certified anesthesiologist providing pediatric dental anesthesia services through Pediatric Dental Anesthesia Associates (PDAA), bringing hospital-level anesthesia safety to the dental office setting.

Mercer University School of Medicine • Anesthesiology Residency Mayo Clinic Jacksonville (Chief Resident)



# 4. Financing

If you'd like to spread payments over time, CareCredit may be a good option. If you want help applying or understanding plan options, call us.



Tip: If you were approved previously, CareCredit often allows you to reuse your account for future visits.

Please note that PDAA fees are independent of Little Smiles treatment fees.

