

**Community Dental Service  
Inhalation Sedation**

# Happy air



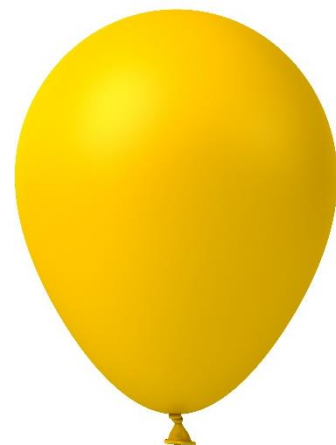
**I went to the dentist and I had the happy air. Happy air helps to make fixing my teeth easy. On the morning that I went to the dentist I had a little bit of breakfast, I wasn't allowed to eat too much before I had happy air.**



**When I got to the dentist, I sat in the dental chair and the dentist and nurse showed me a mask. The mask was cool - it looked like an airline pilot's mask.**

**So that the mask did not fall off my nose, the dentist laid me down in the dental chair. It was like being in my own bed. Some tubes were fixed to the pilot mask and the happy air went through the tubes to the mask.**

**There was a balloon attached and the dentist showed me how the balloon goes in and out, when I breathe in and out through my nose - it was like a magic trick!**





The dentist talked to me and the happy air made me feel all warm and dreamy like I was floating on a cloud. The dentist fixed my tooth. It was easy with the happy air. I thought about my favourite story all the way through.

When my tooth was fixed I lay down to let the floaty feeling go away. Then the dentist turned off the happy air, took off the pilot mask and sat me up in the dental chair. After the dentist had talked to me, I was ok to choose my favourite sticker and go home.



The dentist told me that when I got home, I had to sit quietly and watch my favourite film or read my favourite story. I could even go back to school if I wanted to. I wasn't allowed to play out that day on my bike or my scooter though, because the happy air can make you feel a little bit wobbly.

## Who should I contact if I want more information?

### **Please contact:**

Newstead House	01924 327520
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