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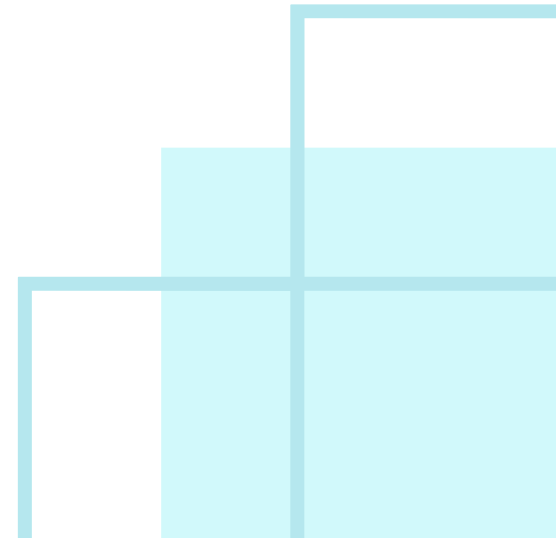
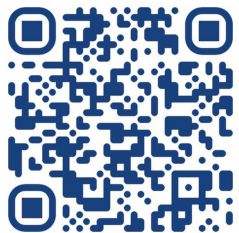
Dental treatment with inhalation sedation

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What is inhalation sedation?

Inhalation sedation also known as "gas and air" or "happy gas". Inhalation sedation will help the patient feel less anxious, slightly drowsy and more relaxed. It involves breathing a mixture of nitrous oxide and oxygen gases through a special nose piece. It is a light form of sedation and the patient will feel relaxed, less anxious and more able to accept dental treatment. They may feel warm, floaty or heavy and may have a tingling in their fingers or toes.

It is usual to have two or more appointments. The first appointment may be an assessment rather than a treatment appointment, where treatment options are discussed, written consent is agreed and instructions given. The patient will not be asleep - they will remain conscious, aware and able to talk. Although their memory of the treatment may be slightly reduced.

A local anaesthetic is usually needed to numb the teeth before the treatment is carried out. Numbing gel will be used so any injection that may be needed can be given into this numbed area without discomfort.

The dentist may monitor the patient with a probe on their finger during treatment.

At the end of the treatment the dentist will give the patient some extra oxygen to speed up their recovery from the effects of the sedation this is to make them feel more alert.

Inhalation sedation is safe for children and adults and the effects wear off quickly at the end of the procedure - within 30 minutes after the treatment.

Instructions for patients having treatment under inhalation sedation:

1. **The patient should not eat or drink anything other than water for 2 hours before your appointment time.** Before this a light meal should be consumed. You should **not** be completely starved.
2. Patients should be accompanied by a responsible adult. Children should be accompanied by a parent / legal guardian. No other children should be brought to the appointment.
3. They should take any regular medication as usual.
4. Tell staff of any changes in your or your child's medication or health since the last appointment.
5. No alcohol should be consumed 24 hours before or after sedation.
6. The patient should wear comfortable clothing and no nail varnish or heavy makeup to the appointment.
7. If the patient has a cold, a blocked nose or cold sore please inform the clinic before the appointment if possible.
8. If you or the accompanying adult is pregnant or trying for a baby please mention this to dental staff before treatment begins.
9. **Patients having sedation should not drive**, operate machinery, cross roads unaccompanied, ride bikes, swim, engage in active sports or return to work or school for at **least 2 hours following treatment.** The dentist will discuss this with you.