



NITROUS OXIDE SEDATION

What is Nitrous Oxide Sedation?

Nitrous Oxide sedation is a relatively mild form of inhalation sedation (needs to be inhaled/breathed in) that is very safe and effective. It is a sweet smelling gas that we use to reduce anxiety and help your child be more relaxed and comfortable during their appointment. Nitrous oxide is absorbed quickly, allowing for both rapid onset and recovery and can be given in varying amounts. At the end of treatment, it is eliminated by breathing oxygen for 3-5 minutes and has no lingering effects.

How does it work?

A scented mask is placed over your child's nose and he/she breathes in a mixture of nitrous oxide and oxygen. Your child will smell a sweet aroma from both the scented mask and the nitrous. It usually causes a child to have a feeling of relaxation, happiness and sometimes euphoria. Hence, often called "laughing gas".

Children find that they can become tingly in their arms, fingers, and feet. Nitrous oxide sedation does not "put your child to sleep". But sometimes if the child is tired, they may simply fall asleep during the course of the treatment. At the end of their appointment, your child will breathe 100% oxygen for 3-5 minutes to eliminate the nitrous oxide from their system and they will leave the same way they came in. Since nitrous oxide has to be breathed in to be effective please let us know about any possible breathing problems (colds, stuffed nose, etc.) that will make it difficult to breathe it in.

Are there any special instructions?

- Give your child little to no food two hours prior to their dental visit. Avoid heavy, fatty meals. Crackers, toast, clear liquids/ juices are all acceptable choices. Nausea is the most common side effect and can usually be prevented by following these instructions.
- Do not give any dairy or caffeine (found in iced tea and pop) before their treatment as it can cause an upset stomach or nausea.
- Tell the doctor of any medications that your child is taking the day of their appointment.