

# Dental treatment under inhalation sedation

## Other formats

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## What is inhalation sedation?

Inhalation sedation involves breathing a mixture of gases (nitrous oxide and oxygen) through a small nosepiece which covers the nose only, not the mouth.

The amount of nitrous oxide is increased until there are signs of relaxation. These might include feelings of warmth, tingling and lightheadedness. There is often a tingly feeling in the fingers and toes.

You will remain awake (conscious) throughout the procedure, and will be able to talk and respond at all times. You will stay in control of your normal reflexes (e.g. coughing).

A local anaesthetic is usually needed before the treatment is carried out.

A separate appointment for assessment and consent will usually be required first, before an appointment can be made for treatment under sedation.

## Why is it needed?

Many patients are anxious about having dental treatment. This sedation can reduce anxiety, helping to cope better with treatment or making treatment more pleasant.

## What is the best way to prepare for the appointment?

### Please do:

Inform the dental team if you are (or think you might be) pregnant.

Eat and drink before the appointment, but not a heavy meal.

Wear loose-fitting clothing and flat shoes.

Take your routine medicine unless you have been told not to.

Attend with a responsible adult if you have been told to do so. If you are under 16 years of age, this should be a person with parental responsibility.



