

Nitrous Oxide Sedation

Nitrous oxide - oxygen sedation is a type of conscious sedation where gases are inhaled through the nose. The primary indication for its use in the dental office is to manage your fear and anxiety while receiving dental procedures.

Nitrous oxide is a sweet smelling colourless gas, commonly referred to as laughing gas. Its onset is very quick (within minutes) and it is eliminated from the body within 3-5 minutes of completion of the sedation. You should recover quickly and not feel sedated when leaving our office. Due to this quick recovery, at the discretion of the dentist, you should be able to leave unaccompanied and drive home if you are over the age of 18.

A nasal hood will be placed over your nose to administer the gases. It is important to concentrate on breathing normally through the nose. You should feel more relaxed and at ease as the sedation takes its effect. You may or may not feel tingling in the hands and feet, warm sensations, a sense of floating or being in a dream-like state.

You are not asleep, you can and should be able to communicate with the dentist while receiving the nitrous oxide. If at any time you are feeling uncomfortable, claustrophobic, still anxious or nauseous, communicate this to the dentist so they can help you appropriately. You will have a blood pressure cuff on your arm throughout the procedure, we will be taking your blood pressure, pulse and oxygen saturation periodically.

On the day of the appointment:

- Try to eat a high carbohydrate meal 6 hours prior to the appointment - Avoid solid foods 3 hours prior to the appointment
- Avoid consuming any clear liquids 2 hrs prior to the appointment
- Do not smoke or consume marijuana or any related products 24 hours prior to appointment
- If you wear contact lenses, please remove them and wear glasses instead, if possible - Patients under the age of 18 must be accompanied by an adult to and from the clinic
- Please try and remove nail polish from at least one finger prior to the appointment
- Do not take any additional medications or sedatives other than those prescribed by your medical doctor
- Due to the nature of having to breathe through your nose, if you become sick or congested, please call the office to re-schedule
- The goal of our sedation appointments is a calm and quiet atmosphere, for this reason once sedation starts we request only the clinical staff and the patient remain in the room.

Following the procedure we will evaluate you to ensure that you have recovered from your sedation experience before you are allowed to leave the office.