

Inhalation sedation



Information for patients

Charles Clifford Dental Hospital



Your dentist has talked to you about having dental treatment with the help of inhalation sedation. This leaflet will describe what is meant by inhalation sedation, how it will make you feel and what instructions you will need to follow.

Why do I need sedation?

Inhalation sedation is used to calm and relax patients and provide pain relief during dental treatment. It is not suitable for use in very young children, or if you have certain medical conditions. It is often used during childbirth.

What are the benefits of Inhalation sedation?

Sedation by breathing a sedative gas (nitrous oxide) will help you cope with dental treatment and reduce your anxiety. Even people who do not feel anxious about dental treatment choose to have sedation for uncomfortable procedures such as extractions. It is also very helpful for patients who have a strong gag reflex.

Are there any risks?

Inhalation sedation is very safe. As you breathe the sedative gas you may feel slightly light-headed. We will give you pure oxygen to breathe at the end of the treatment for 5 minutes to help you feel more alert. Your dentist will talk to you in more detail about the risks of inhalation sedation before you sign the consent form. Please ask questions if you are uncertain.

What are the alternatives to inhalation sedation?

The main alternatives to inhalation sedation are local anaesthetic alone or intravenous sedation. Your clinician will discuss which is suitable for you.

How do I prepare for my appointment?

Assessment appointment

Firstly, you will be asked to attend an assessment appointment where your blood pressure, pulse and oxygen saturation may be taken. At this appointment we will also take full details of your medical history. It is important that you let the dentist know your full medical history and any medicines that you are taking. If you think you may be pregnant, you need to let the dentist know. You may need to come back to have your treatment at another time. You should let your dentist know if you are breastfeeding.

This appointment is a good opportunity to meet some of the team and ask any questions you may have.

Consent to treatment

Before any treatment is started, the dentist will ask you to confirm your consent. This ensures that you understand the planned treatment and how you will receive the sedation.

How will I be sedated?

The dentist will check your medical history again and check that you understand what treatment is to be done. When you are ready, you will be asked to place the small nosepiece. At first you will breathe pure oxygen. Gradually when you are ready your dentist will introduce a small amount of the sedating gas nitrous oxide into the nosepiece.

You will begin to feel pleasantly lightheaded and relaxed. You will breathe the sedating gas during all of your treatment. You will be in control of your treatment and the dental staff will reassure you and answer any questions that you may have. You can ask questions at any time.

Will the gas put me to sleep?

No, you will be awake, but relaxed, during all of the treatment.

How will I be monitored?

Your breathing will be monitored throughout by the dental staff. They may use a pulse oximeter. This machine has a peg that fits onto the end of your finger and tells us about your pulse as well as the oxygen in your blood. You will be asked to remove nail polish or false nails to allow the machine to work properly.

What happens after the treatment?

At the end of treatment, you rest for five minutes and breathe pure oxygen. The sedation gas is breathed out straight away and after a short time you will feel back to normal.

Is there anything else I need to know?

You will usually be allowed to resume normal activities at once, however please avoid physical activity if you have had a dental extraction. You should eat and drink as normal before your appointment. You do not need to be accompanied by someone else unless you would find it helpful.

You do need to be able to breathe through your nose so you must tell the clinic if you are suffering from a cold or hayfever.

Who do I speak to if I have any questions?

If you have any questions or concerns about your sedation treatment, the clinic staff will be happy to talk with you. Please contact them at Charles Clifford Dental Hospital on **0114 271 7856** or for Community dental care please contact your usual clinic.



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