

Inhalation sedation for dental procedures: information for families

Inhalation sedation is a light form of sedation. It is a mixture of nitrous oxide and oxygen breathed through a nosepiece. This helps the child to feel relaxed and accept treatment. Inhalation sedation is also known as ‘happy air’. It is not general anaesthesia. This information sheet from Great Ormond Street Hospital (GOSH) explains about inhalation sedation and what to expect when your child has a dental procedure that requires it. An Easy Read information sheet is included for your child.

During inhalation sedation your child can feel:

- Relaxed
- Floating
- Slightly drowsy but not asleep
- Slightly warm
- Tingling in the feet or hands

Your child will be awake and conscious throughout the procedure and will be able to talk.

How quickly does it work?

Inhalation sedation takes a few minutes to become effective and also a few minutes to recover from at the end of the procedure.

Inhalation sedation is a suitable form of sedation for most children.

Before the appointment

- Please contact Dental Department reception if your child develops a cold (inhalation sedation does not work if a child has a cold or a blocked nose).
- A written consent form is required to be signed by the person with parental

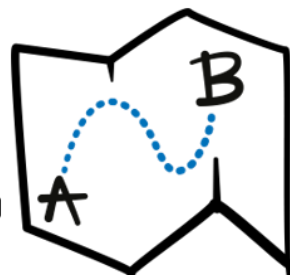
responsibility before treatment under inhalation sedation.

On the day of the appointment

- Loose clothing should be worn
- Fasting is NOT required. Your child should have a light meal approximately an hour or two before the appointment
- Greasy/oily food should not be eaten as it can make the child feel nauseous during treatment
- The patient must be accompanied by a responsible adult who has parental responsibility
- Inform the dentist if your child’s health or medication has changed

After the treatment

- After inhalation sedation, the child should avoid active sports, swimming, bicycling, dancing, skating, crossing the road on their own for the rest of the day. Please ask the dentist if your child can go to school after the treatment.



Further information and support

If you have any concerns or queries about inhalation sedation, please contact the Dental Department from Monday to Friday, 9am to 5pm on 020 7829 8614.

Having dental treatment under sedation



You are coming to GOSH for dental treatment to check and fix your teeth. Some children have treatment with sedation (said: sed-ay-shun). This makes you feel relaxed but not asleep.



You do not have to stop eating before having sedation. We want you to have a light meal an hour or two before. Do not have a large or greasy meal as this could make you feel sick.



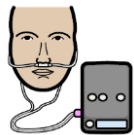
When you get to the dental department, we will check that you do not have a cold or a blocked nose. You will not be able to have sedation if you do.



We will ask you and your parents to fill in some forms.



We will take you to the dentist chair. We will make sure you feel comfortable.



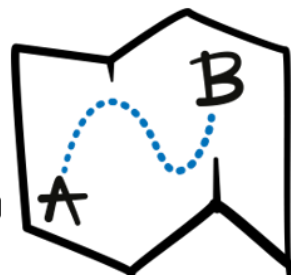
You will breathe in the sedation medicine through a tube under your nose. You will start to feel relaxed within a few minutes.



The dentist will check your teeth and gums to make sure you are healthy. They will do any treatment you need at the same time.



When they have finished, they will take away the tube under your nose. You will start to feel less sleepy within a few minutes.





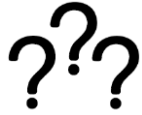
You might still feel a bit sleepy for the rest of the day. This is normal.



You must not do any sport for the rest of the day.



If your mouth is sore, you can take pain medicines.



Please ask us if you have any questions.

