



Great Ormond Street Hospital for Children NHS Trust: Information for Families

Inhalation sedation for dental procedures

This information sheet explains about inhalation sedation and what to expect when your child comes to Great Ormond Street Hospital (GOSH) for a dental procedure that requires it.

What is inhalation sedation?

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'.

Inhalation sedation is **NOT** general anaesthesia.

What will your child feel?

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 safe and recommended form of sedation for children.

If you have any concerns or queries about inhalation sedation please contact dental reception Monday to Friday between 9am and 5pm on 020 7829 8614.

Before the appointment:

- If possible, arrange the appointment early in the day, which helps reduce stress and anxiety and children are less tired
- Please contact Dental Department's 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. 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
- Child must be accompanied by a responsible adult
- 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.