

Inhalation sedation

A guide for parents of children who are having dental treatment



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Inhalation sedation can help children relax during dental treatment. It is sometimes called ‘happy gas’ or ‘happy air’. During the treatment your child breathes in nitrous oxide and oxygen through a small hood over their nose. The gases produce a calming and relaxing effect. Children become less aware of their surroundings, but do not go to sleep. Sedation is not a general anaesthetic.

Before your child’s appointment

- Give your child a light snack or small meal **two hours before** your appointment.
- Please give them any medications as normal.
- If your child is under 16, they must come to the appointment with a responsible adult. This person must remain on the premises during treatment.
- Try not to bring any other children to the appointment.

What can parents do to help?

- Always speak positively about your child’s dental care. Don’t talk about your fears in front of them.
- Have confidence in your child’s ability to cope.
- Practise nose-breathing at home with your child.

At the time of the sedation appointment please let us know:

- About any change in your child’s health.
- About any change in the medicines they have taken.
- If the escort is pregnant , we recommend that they do not stay in the room where the sedation is being given.
- Any worries you have about the proposed treatment.

After the appointment

After inhalation sedation your child will recover very quickly. However, we recommend that they don’t return to school, and that they rest, with adult supervision, for the rest of the day. Don’t let them do sports or other physical activity.

We recommend that you take your child home in a car or taxi rather than public transport.



Who can benefit from inhalation sedation?

Inhalation sedation can help children who:

- are anxious or fearful; or
- have physical or medical problems; or
- have a gag reflex that interferes with dental care.

Inhalation sedation cannot be used if a child:

- cannot breathe through their nose; or
- has blocked or infected sinuses or ears; or
- cannot cooperate or understand instructions.

Appointments

We will try to book an appointment at a convenient time for you. If you cannot keep your appointment, please let the clinic know as soon as possible. We need at least 24 hours' notice so that we can offer your appointment to someone else on the waiting list. If you miss an appointment and don't tell us why, we may cancel any further appointments that you have booked and discharge you from our service.

Contact us

Carlisle Dental Centre	01228 608199
Dental Clinic, Penrith Health Centre	01768 245389
Dental Clinic, Workington Community Hospital	01900 705064
Dental Clinic, West Cumberland Hospital	01946 693181 X4286
Cleator Moor Dental Centre	01946 853342
Dental Clinic, Ulverston Health Centre	01229 402680
Dental Department, Westmorland General Hospital, Kendal	01539 739764

Feedback

We appreciate and encourage feedback, which helps us to improve our services. If you have any comments, compliments or complaints to make about your care, please contact the Patient Experience Team.

Email: PET@cumbria.nhs.uk Tel: 01228 602128 Freephone: 0800 633 5547

If you would like this factsheet in another language or format, for example Braille, large print or audio, please call:

01228 603890

E:communications.helpdesk@cumbria.nhs.uk

Or write to Engagement and Communications
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