

Inhalation sedation

A guide for adult patients having dental treatment



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

Before your appointment

- Have a light snack or small meal **two hours before** your appointment.
- Please take any medications as normal.
- Please do not bring children to the appointment.

For your first appointment, you must come with a responsible adult escort who can drive you home or accompany you in a taxi. Your dentist will advise you about attending further appointments alone.

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

- About any change in your health.
- About any change in the medicines you have taken.
- If you are pregnant .
- Any worries you have about the proposed treatment.

After your appointment

After inhalation sedation you will recover very quickly. You can return to work if you feel able. However, we recommend that you:

- **Don’t** drive or operate machinery
- **Don’t** over-tire yourself or play any sport
- **Don’t** sign any important legal documents
- **Don’t** try internet shopping or banking



Who can benefit from inhalation sedation?

Inhalation sedation can help people 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 patient:

- 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
Voreda House | Portland Place | Penrith | CA11 7QQ



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