

## Inhalation Sedation Adults



Cambridgeshire Community Services NHS Trust: delivering excellence  
in dental care across Cambridgeshire, Peterborough and Suffolk

## **What is inhalation sedation?**

Inhalation sedation is a mixture of nitrous oxide and oxygen given as a gas from a nosepiece placed on the nose. This will not cover your mouth.

## **Why we use inhalation sedation**

- Helps to reduce anxiety and fear of dental treatment
- Helps you to be more relaxed
- It has a pain relief effect
- This is particularly helpful if you are having a longer, uncomfortable or more complicated procedure and is a widely used safe technique.

## **What to expect**

The dentist and members of the dental team are trained to give sedation. The nitrous oxide is completely breathed out of the body within 30 minutes of the end of the treatment. This means that you will recover very quickly from this type of sedation. You will be given oxygen to breathe at the end of the sedation to help prevent you feeling sick or having a headache.

## **Before the appointment**

It is important to let your dentist know your medical history and any medication that you are taking, including if you think you may be pregnant or have had any recent illnesses.

You should have a light meal about two hours before your appointment. If you are unwell on the day with cold/flu symptoms please contact the dentist for advice. The appointment may need to be rearranged.

It is not always necessary to have someone with you for this type of sedation. You may be advised not to drive a car, ride a bicycle or operate any form of machinery for up to two hours following your procedure.

## **What will happen during the sedation?**

You will breathe in the gas through a nosepiece; you may get a feeling of warmth throughout your body as well as some mild tingling and some light headedness. You will stay awake and in control of all your reflexes. Once you are sedated, the dentist may use local analgesia (pain relief that numbs the site of dental treatment). Local anaesthetic as a paste is sometimes used to numb the site of treatment. Any injections that you may need can then be given through this numbed area to reduce discomfort.

## **After the treatment**

Once the treatment is completed, the nitrous oxide and oxygen mixture will be stopped and replaced with oxygen to make you feel more alert and to speed up your recovery from the effects of sedation. Once you are fully recovered you will be discharged with all the information you need relating to your treatment.

## **Emergency contact details**

Should you experience any problems after receiving care during opening hours, please contact your clinic on 0300 555 6667. If you experience problems outside of opening hours, please contact NHS 111 on 111.

## **Tips on avoiding tooth decay**

Sugar can cause tooth decay, especially when eaten frequently, so try to avoid sugary food and drinks between meals. Teeth-friendly snacks are things like fresh fruit, vegetables and savoury foods, such as bread, low fat cheese, crackers or breadsticks. For drinks between meals try water or milk. Avoid fruit juice, squashes and fizzy drinks, only have these at mealtimes.

Get into the habit of brushing after breakfast and last thing at night. Use a brush with a small compact head and medium bristles with a small pea-sized amount of family toothpaste. For added protection, use a standard fluoride toothpaste with a minimum of 1350ppm (parts per million). This should be marked on the tube or packaging.

## For further information about this service contact:

Telephone **0300 555 6667**

Find us online at **[www.dentalhealthcareeoe.nhs.uk](http://www.dentalhealthcareeoe.nhs.uk)**

If you require this information in a different format such as in large print or on audio tape, or in a different language please contact the service on the details above.

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If you have any compliments about this service or suggestions for improvements, contact our Patient Advice and Liaison Service on 0300 131 1000 (charges may apply depending on your network) or email: [ccs-tr.pals@nhs.net](mailto:ccs-tr.pals@nhs.net).

For free, confidential health advice and information 24 hours a day, 365 days a year please contact NHS 111.