

Happy Air Sedation for Children



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

What is happy air sedation?

The child in your care may require dental treatment under happy air sedation. This will help your child feel less anxious, slightly drowsy and more relaxed for the dental treatment. Happy air sedation does not make the child unconscious. The child remains awake but may feel warm and detached. Happy air sedation means that the child will breathe a mixture of nitrous and oxygen from a nosepiece placed on the nose; this will have a relaxing effect.

Why we use happy air sedation

Happy air sedation helps to reduce anxiety and fear of dental treatment, which helps the child be more relaxed and therefore more cooperative. This is particularly helpful if the child is having a longer, uncomfortable or more complicated procedure and is a widely used 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 the child can recover very quickly from this type of sedation. The dentist will give the child some oxygen at the end of the sedation to help prevent the child feeling sick or having a headache. It is usual to have two or more appointments. At the first appointment (assessment) the dentist will take a full history of the child. Other than in an emergency, the treatment will take place at the second or subsequent appointments.

How to prepare your child

- Before the treatment, the child can eat normally but with only a light meal being taken up to two hours before the treatment.
- Please give the child any routine medicines as normal.
- Any medicines or inhalers that the child may need should be brought to the dental treatment appointment.
- Written consent will be required from the parent/carer before any treatment can be given to the child. If you have agreed and signed the consent form at the assessment appointment, and you are then unable to attend on the day of the treatment, the child must be accompanied by a responsible adult (over 18 years of age).
- If the child is unwell on the day with cold/flu symptoms or any contagious illness, please contact the dentist for advice. The appointment may need to be rearranged.
- Please avoid bringing other children with you on the day of treatment.

What will happen during the sedation?

- During the procedure, the child will breathe the nitrous oxide and oxygen through a nosepiece on the nose.
- The child may feel warm with tingling fingers and toes.
- When the dental treatment is completed, the nitrous oxide mixture will be stopped and replaced with oxygen.
- The nosepiece will be taken off and the child will be sat up in the dentist's chair and will continue to recover fully for a few minutes.
- The child may not participate in organised or active sports for the rest of the day but may be able to return to school.
- The child can eat and drink normally after the treatment but care should be taken if areas of the mouth are still numb to avoid lip, cheek or tongue biting.
- You will be given information relating to the treatment the child has received.

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:

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

Find us online at **www.dentalhealthcareoe.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.

To find out how we use what we know about you (Privacy Notice) or how to access our buildings (AccessAble), please visit www.cambscommunityservices.nhs.uk and follow the links or please contact us.



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.

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