

Having dental treatment under Inhalation Conscious Sedation

Please note that if you are unable to comply with the instructions in this leaflet then your treatment may be cancelled.

What is Inhalation Conscious Sedation?

The sedation involves breathing a mixture of nitrous oxide and oxygen through a small nosepiece. The amount of nitrous oxide is increased until there are signs of relaxation. A local anaesthetic might be needed to “numb” the mouth in the area to be treated.

What are the benefits?

Many patients are anxious about having dental treatment. This sedation can reduce anxiety and help patients to receive treatment or make that treatment more pleasant.

What problems might occur?

This sedation is very safe. Very rarely a patient can feel nauseous and might vomit.

What is the best way to prepare for the treatment?

Please do:

- Take routine medication unless you have been told not to.
- Eat and drink before the appointment, but not a heavy meal.
- Attend with one responsible adult who must stay on the premises during your treatment and take you home afterwards. **Your treatment cannot be carried out if you attend on your own.**

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- Wear loose fitting clothing and flat shoes.
- Tie back long hair.
- Inform the clinic if you have a cold or blocked nose as the gases need to be breathed through the nose.
- Tell the staff if you have attended your doctor or hospital since your last appointment.

Please do not:

- Wear jewellery, especially earrings.
- Wear make-up, especially lipstick and nail varnish.
- Drink alcohol before the appointment or for the rest of the day
- Drive or operate machinery for 2 hours after the appointment.
- Return to school or work for 2 hours after the appointment.

Please do not attend with anyone who is or may be pregnant if they will be coming into the treatment room with you.

If you have any problems after treatment, please contact:

Opening hours:

Monday - Thursday 8.30am - 5.00pm

Friday 8.30am - 4.30pm

St Catherine's Health Centre Dental Clinic

0151 652 6527

Victoria Central Health Centre Dental Clinic

0151 604 7328

Out of Hours:

Out of Hours Service 111

Revive Dental Care

0161 476 9651

If you would like this information in another format or language, please contact the Your Experience Team on freephone 0800 694 5530. Alternatively you can email wcnt.yourexperience@nhs.net

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