

Having dental treatment with 'Happy Air' for Children

Your dentist has noticed that one or more of your teeth need some extra looking after. They may have been hurting and making it difficult for you to eat, sleep or brush them. They might not hurt yet, but they could if they aren't fixed.

You, the dentist and the adults who look after you have talked about how we can make this better for you.

Together we have all agreed that you will find it easier to have this done if you have some **Happy Air**.

What is Happy Air?

Happy Air makes you feel relaxed. It might make you feel warm and sleepy, and sometimes it can make you giggle. This is why we sometimes call it **Happy Air**. You might also hear it called laughing gas, gas and air, fairy wind etc

You will be asked to wear a mask over your nose. You might have tried this on today, so we know which is the right size, to fit you. It looks a bit like a mouse nose and whiskers.

The next time you come to the dentist, the mask will have pipes attached to it. These pipes gently blow the Happy Air into the mask. When you breathe in and out through your nose Happy Air helps make fixing your teeth easy.



continued over...

How will the Happy Air make me feel?

- The Happy Air doesn't smell of anything
- The dentist and the nurse will talk to you while you breathe through the mask
- You can start to feel warm and cosy
- You can feel like you are floating
- You won't go to sleep but can feel sleepy
- Your fingers and toes can feel all tingly
- You can feel smiley and might even start to giggle
- You can hold your grown-ups hand if you want to
- You can tell the dentist, nurse and your grown-up how you feel
- Once you feel nice and happy your tooth can be fixed

Getting ready for my Happy Air

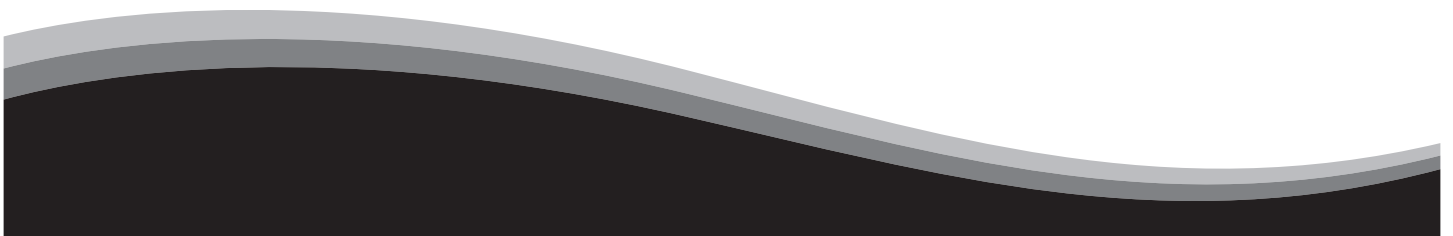
Before you come to have your Happy air there are some things you need to do.

- Practice breathing in and out through your nose at home
- Wear some comfortable clothes
- Have your breakfast or lunch but don't eat too much
- Bring a fidget spinner or cuddly toy if your hands like to be busy
- You can find some relaxing music or an audiobook to listen to whilst you are having the happy air. If you want to do this, please bring the music or audiobook and small earphones
- Blow your nose before you come into the dentist's room
- Go to the toilet first if you need to

What happens after my tooth has been looked after?

- The Happy Air will be turned off and you will breathe it out through the mask for two more minutes
- The tingly and the floaty feelings will begin to go away
- The dentist will sit the chair up and take the mask off your nose
- You might feel a bit tired but will be able to walk on your own
- You will go home to rest for two hours before returning to school

If you have any questions please ask a member of staff who would be happy to help.



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 514 6420

Victoria Central Health Centre Dental Clinic

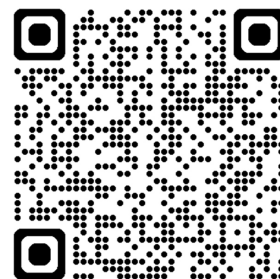
0151 514 6266

Out of Hours:

Out of Hours Service 111

Revive Dental Care

0161 476 9651



Scan me for an instruction video
for Inhalation Sedation from
Kent Community Health
NHS Foundation Trust.

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.yourexp@nhs.net

July 2025 V3



wchc.nhs.uk



[@nhsbuzz](https://www.facebook.com/nhsbuzz)



[@wchc_nhs](https://twitter.com/wchc_nhs)