

Having dental treatment under Inhalation 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 gas and oxygen through a small nose piece. The amount of nitrous oxide is increased until signs of relaxation can be seen and felt. A local anaesthetic may be needed to 'numb' the areas of the mouth to be treated.

What are the benefits?

Many patients are anxious about having dental treatment. The sedation can reduce anxiety and help patients accept treatment or make dental treatment more pleasant.

What you may feel

- Relaxed
- Floaty
- Slightly drowsy
- Warm
- Tingly in the hands and feet
- You will always stay awake and be able to talk

What problems might occur?

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

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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 your appointment, but avoid a heavy meal
- Wear loose fitting clothes and sensible shoes
- Remove any oral piercings
- Tie back long hair
- Inform the clinic if you are unwell or have a blocked nose **before** your appointment
- Let us know if there is a chance you or anyone who is with you could be pregnant
- Ideally go home in a car or taxi - public transport is not suitable

Please do not:

- Wear nail polish or lipstick
- Drink alcohol or take recreational drugs within 24 hours of your appointment and for the rest of the day
- Bring any children to your appointment
- Use the internet for personal communication or to post on social media immediately after sedation
- Drive or operate machinery for 2 hours following your appointment
- Return to work for 2 hours following your appointment

Adults receiving inhalation sedation do not usually require another responsible adult as an escort, although you may wish to do so for your first treatment appointment or for support during your treatment.

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 Midlands
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.yourexperience@nhs.net

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