

Inhalation Sedation For Adults



Inhalation Sedation is one of the simplest ways to make dental treatment as easy and comfortable as possible.

What is Inhalation Sedation (IS)?

- IS (also known as Relative Analgesia 'Gas and Air' or 'Happy gas') involves breathing a mixture of nitrous oxide (laughing gas) and oxygen through a comfortable fitting nose piece that allows dental treatment to be carried out at the same time.
- IS does not cause patients go to sleep, instead they will still be aware of their surroundings and the dental treatment they are receiving, however they will feel much more relaxed.
- Patients will be able to talk and therefore tell the dentist how they are feeling during the treatment.
- Most patients have a nice warm feeling with IS and may feel mild tingling in their hands and feet.
- Once sedation is stopped patients will feel normal again within 5 - 10 minutes.



What are the Benefits of IS?

- Helps nervous, anxious patients relax
- Safe procedure that can be used on most patients including children
- Pain-free (no needles)
- Recovery time is fast (between 5 - 10 minutes) so patients can leave (with an escort) soon after their treatment.

Who can administer IS?

- Only qualified dentists can administer IS
- All Arnica's dentists are sedation trained and qualified to administer IS



What are the risks?

- Occasionally a few patients feel sick or vomit so its a good idea not to have a heavy meal before their appointment.

On the day of the inhalation sedation visit:

- You can have a light meal up to 2 hours before the appointment
- You must be accompanied by a responsible adult
- Prior to IS you will need to sign a consent form

Please note:

- If you have a cold/blocked nose the procedure may be postponed.
- The first appointment may be to just trial the Inhalation Sedation without dental treatment
- Please tell your dentist about any changes to your medical history
- Please do not hesitate to discuss any concerns / questions with your dentist
- It is recommended that you do not drive for at least 2 hours after treatment