

## A guide to Inhalation sedation



### Treating nervous, anxious and dental phobic patients using inhalation sedation

As Cheltenham's Dental Sedation Centre, we are the region's leading dental sedation practice. We are qualified, experienced and equipped to administer inhalation sedation to minimise discomfort and stress.

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



Views over the garden



Dr Ellie Ledger



Dr Gill Kemp

- 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 it's 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 two 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 two hours after treatment



Dr Nicola Robinson



Dr Toby Mitchell-Innes

