

## N2O : pre/post-op

- Nitrous Oxide is a colorless, slightly sweet gas that is used during dental treatment for relaxation and anxiety relief. It is administered through a nasal mask and must be kept firmly in place during the entire procedure. You must be able to breathe through your nose. When inhaled, it can induce feelings of euphoria and sedation. It can also produce sensations of drowsiness, warmth and tingling in the hands, feet and/or mouth. In the dental setting, it WILL NOT induce unconsciousness. You will be able to swallow, talk and cough as needed.
  - Blocked nasal passages, colds, etc., will defeat the idea of using Nitrous Oxide for relaxation
  - Breathing through your mouth reduces the effect of the N2O. Breathing through your nose only. Notify the doctor if you are experiencing difficulty breathing through your nose. You should not talk while on N2O, talking blows the N2O into the room air, lessening the effect for you and exposing the dental staff to the nitrous effects
  - Recovery from N2O is rapid. The gas will be flushed from your system with Oxygen for 5 minutes to cleanse the lungs. Your head will feel clear and you will be able to function as normal
- For many of our children, dental procedures are difficult to accomplish without the help of special medications. The very young, and /or very frightened child requires medications which make them relaxed enough to safely treat them and make it easier for them to tolerate. These children remain fully awake during the dental procedures. Some children benefit from Nitrous Oxide/Oxygen inhalation (laughing gas).
- Please let us know if you have any of the following medical conditions because we may not be able to safely use the Nitrous Oxide:
  - Congestive heart failure, chronic obstructive pulmonary disease (COPD), chronic bronchitis, emphysema, chronic asthma, bronchiectasis, pregnancy, hepatitis B or C, tuberculosis, macrocytic anemia, immune disease, respiratory diseases, middle-ear infections, or a history of substance abuse
  - Also, if you suffer from claustrophobia, you may choose not to use Nitrous Oxide
- Patient should eat something light before using N2O, but avoid caffeinated products before coming in for treatment
- N2O may cause “stomach butterflies” (nausea), which may result in vomiting. Dizziness, drowsiness and/or claustrophobic sensations may occur. Notify doctor immediately
- On the day of your appointment, DO NOT take any anti-depressants (unless your dentist is aware of them) or other sedatives unless prescribed by your dentist

If you have any additional questions, please call our office at (815) 725-5991