



Pre-op and post-op instruction for nitrous oxide

We have recommended nitrous oxide for your child's safety and comfort during dental procedures. Nitrous oxide/oxygen sedation can help increase cooperation and reduce anxiety and/or discomfort associated with dental treatment. Unlike general anesthesia, nitrous oxide/oxygen sedation is not intended to make a patient unconscious or unresponsive.

Prior to the Appointment:

- Please do not allow your child to eat any food, 2 hours prior to the appointment. Clear liquids may be given. Food given within 2 hours may contribute to nausea and vomiting and may necessitate postponement of your child's appointment
- Please notify our office of any change in your child's health and/or medical condition. Fever, ear infection, nasal or chest congestion, or recent head trauma could place your child at increased risk for complications. Should your child become ill just prior to a sedation appointment, contact our office to see if it is necessary to postpone your child's appointment
- Please notify us of any respiratory issues or problems that may make it difficult for your child to breathe through their nose because this may limit the effectiveness of the treatment.
- Please tell us about any prescribed, or over-the-counter medication your child is taking on the day of their appointment

Post-Operative Instructions:

- Your child will receive 100% oxygen at the end of their treatment visit to eliminate any nitrous oxide. They may feel tired after the appointment. Please monitor them and contact us if your child experiences any unusual symptoms. They may resume normal activities today. Be sure to follow the additional instructions listed below:
- Numbness: The mouth will feel numb for about 2-3 hours and sometimes longer. Make sure your child doesn't bite, scratch or injure their tongue, lips, and cheeks. If your child received local anesthesia for treatment on their lower teeth, please monitor them carefully.
- Bleeding: If your child had extractions, we will provide you with post-operative instructions for extractions. If bleeding persists, hold gauze against the surgical site with firm pressure until the bleeding has subsided. Please call our office if oozing lasts longer than 2 to 4 hours.
- Diet: Your child may eat and drink following nitrous oxide administration. Do not allow your child to use straws if they had extractions.
- Pain: If your child experiences any discomfort, please make sure you give your child acetaminophen or ibuprofen.