

Nitrous Oxide (Laughing Gas) Information for Parents

Nitrous oxide is one of the safest and most effective sedation techniques. It aims to reduce anxiety and discomfort for your child and facilitate their cooperation. Your child is awake throughout the procedure and breathes the nitrous oxide through a nasal mask. Patients recover almost immediately following the procedure. Nitrous oxide is considered minimal sedation. Risks are low but occasionally there may be nausea and vomiting.

The following are some important steps to follow for successful completion of dental treatment with nitrous oxide sedation.

1. Your child must not have anything to eat or drink for at least 2 hours prior to their appointment. Violating this rule can be dangerous for your child and your child's appointment will be cancelled and rescheduled.
2. Please ensure your child is not wearing nail polish as this may interfere with our monitors.

Although good results are anticipated, unexpected complications can arise and thus there are no guarantees as to the result of treatment with nitrous oxide sedation. There is also the potential that this form of sedation may be inadequate for your child to cope with the dental procedure and in some cases, it may be necessary to lessen the amount of treatment or reschedule the appointment. If nitrous oxide does not provide adequate sedation then the alternatives are as follows:

- a. Treatment under general anesthetic at Hotel Dieu Hospital or Kingston Dental Anesthesia Clinic.
- b. In some cases, treatment may be delayed and caries monitored until your child is able to cooperate.