

Nitrous Oxide

Some patients are given nitrous oxide/oxygen, or what you may know as laughing gas, to relax them for their dental treatment. Nitrous oxide/oxygen is a blend of two gases, oxygen and nitrous oxide. Nitrous oxide/oxygen is given through a small breathing mask which is placed over the patient's nose, allowing them to relax, but without putting them to sleep. The gas is mild, easily taken, and it is quickly eliminated from the body. It is non-addictive. While inhaling nitrous oxide/oxygen, you will remain fully conscious.

Prior to your appointment:

- Please inform us of any change to your health and/or medical condition.
- Tell us about any respiratory condition that makes breathing through the nose difficult for you.
- Let us know if you are taking any medication on the day of the appointment. This includes prescribed, over-the-counter, or herbal medications.
- You should not have anything to eat or drink 2 hours prior to the appointment.

Conscious Sedation

Conscious Sedation is recommended for apprehensive patients. It is used to calm your nerves and to reduce the anxiety or discomfort associated with dental treatments. You may be quite drowsy, and may even fall asleep, but you will not become unconscious.

Prior to your appointment:

- Please notify us of any change in your your health and/or medical condition.
- You must tell the doctor of any drugs that you are currently taking (prescribed, over-the-counter, or herbal medications) and any drug reactions and/or change in medical history.

- Please dress in loose fitting, comfortable clothing.
- You should not have anything to eat or drink after midnight the night before their morning appointment.

After the sedation appointment:

- You will be drowsy.
- You should wake every hour if you decide to sleep and have something to drink in order to prevent dehydration. The first meal should be light and easily digestible.
- Please call our office for any questions or concerns that you might have.