

# Dental treatment under inhalation sedation

## Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language, please contact the PALS desk on 01271 314090 or at [rduh.pals-northern@nhs.net](mailto:rduh.pals-northern@nhs.net).

## What is inhalation sedation?

Inhalation sedation involves breathing a mixture of gases (nitrous oxide and oxygen) through a small nosepiece which covers the nose only, not the mouth.

The amount of nitrous oxide is increased until there are signs of relaxation. These might include feelings of warmth, tingling and lightheadedness. There is often a tingly feeling in the fingers and toes.

You will remain awake (conscious) throughout the procedure, and will be able to talk and respond at all times. You will stay in control of your normal reflexes (e.g. coughing).

A local anaesthetic is usually needed before the treatment is carried out.

A separate appointment for assessment and consent will usually be required first, before an appointment can be made for treatment under sedation.

## Why is it needed?

Many patients are anxious about having dental treatment. This sedation can reduce anxiety, helping to cope better with treatment or making treatment more pleasant.

## What is the best way to prepare for the appointment?

Please do:

- Inform the dental team if you are (or think you might be) pregnant.
- Eat and drink before the appointment, but not a heavy meal.
- Wear loose-fitting clothing and flat shoes.
- Take your routine medicine unless you have been told not to.
- Attend with a responsible adult if you have been told to do so. If you are under 16 years of age, this should be a person with parental responsibility.

- Tell the dental staff if you have attended your doctor or a hospital since your last appointment.
- Inform the clinic if you have a cold or blocked nose, as this will affect how well the gases can be breathed in.

**Please do not:**

- Wear jewellery, especially earrings.
- Wear make-up, especially lipstick.
- Drink alcohol before the appointment, or for the rest of the day.
- Drive, ride a bicycle or operate machinery for 2 hours after the appointment.
- Return to school for 1 hour after the appointment.

## What are the risks?

The sedation is very safe and the effects wear off quickly. Side-effects, such as feeling sick or headache, are unlikely to occur.

If you think you or accompanying adult may be pregnant or is trying for a baby, please tell the staff before treatment begins.

## Follow up

If there are any problems after the treatment, please contact the clinic where the treatment was carried out.

## Further information

If you have any questions, please ask the dentist. We are here to help you.

You may read more about our service on our website: [www.healthyteethdevon.nhs.uk](http://www.healthyteethdevon.nhs.uk).



**Exeter NHS Dental Access Centre**  
RD&E Hospital (Heavitree)  
Gladstone Road  
Exeter  
EX1 2ED  
**Telephone: 01392 405718**

**Barnstaple Dental Access Centre**  
Barnstaple Health Centre  
Vicarage Street  
Barnstaple  
EX32 7BH  
**Telephone: 01271 370562**

## **PALS**

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email [rduh.pals-northern@nhs.net](mailto:rduh.pals-northern@nhs.net). You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

## **Have your say**

Royal Devon University Healthcare NHS Foundation Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

Tell us about your experience of our services. Share your feedback on the Care Opinion website [www.careopinion.org.uk](http://www.careopinion.org.uk).

---

Royal Devon University Healthcare NHS Foundation Trust  
Raleigh Park, Barnstaple  
Devon EX31 4JB  
Tel. 01271 322577  
[www.royaldevon.nhs.uk](http://www.royaldevon.nhs.uk)

© Royal Devon University Healthcare NHS Foundation Trust  
This leaflet was designed by the Communications Department.  
[www.royaldevon.nhs.uk/get-in-touch](http://www.royaldevon.nhs.uk/get-in-touch)