



Information about Inhalation sedation (Happy Gas)

Inhalation sedation for dental procedures

Inhalation sedation is a light form of sedation. It is a mixture of nitrous oxide and oxygen breathed through a nosepiece. This helps the child to feel relaxed and accept treatment.

Inhalation sedation is also known as “happy air” or “happy gas”. Inhalation sedation is NOT general anesthesia.

What will your child feel?

During inhalation sedation your child can feel:

- Relaxed
- Floating
- Slightly drowsy but not asleep
- Slightly warm
- Tingling in the feet or hands

Your child will be awake and conscious throughout the procedure and will be able to talk.

How quickly does it work?

Inhalation sedation takes a few minutes to become effective and also a few minutes to recover from at the end of the procedure.

Inhalation sedation is a safe and recommended form of sedation for children.

Before the appointment:

- If possible, arrange the appointment early in the day, which helps reduce stress and anxiety and children are less tired.
- Please contact the Surgery if your child develops a cold (inhalation sedation does not work if a child has a cold or a blocked nose).

On the day of the appointment:

- Loose clothing should be worn.
- Fasting is NOT required. Your child should have a light meal approximately an hour or two before the appointment.
- Greasy or oily food should not be eaten, as it can make the child feel nauseous during treatment.
- Your child must be accompanied by a responsible adult.
- Inform the dentist if your child's health or medication has changed.

After the treatment:

- After inhalation sedation, the child should avoid active sports, swimming, bicycling, dancing, skating, crossing the road on their own for the rest of the day.