

University Dental Hospital of Manchester
Department of Child Dental Health

Information for Parents or Guardians

Information for Children Receiving Treatment Involving Inhalation Sedation

Inhalation sedation or “happy air” is a way of making dental care more pleasant for nervous patients. It is not the same as “gas”. Patients stay awake and are more relaxed during treatments. They often become quite giggly and find treatment enjoyable. We hope to use “happy air” at your child’s next visit. Here are some simple instructions which we would like you to follow carefully before and after the visit and information about what to expect at the appointment.

Before the visit

1. Your child can eat and drink normally.
2. Please bring along any tablets, medicines, inhalers or drugs which your child takes.
3. Your child will need to be accompanied by a legally responsible adult to take them home after treatment.
4. Your child should wear loose, comfortable clothing to the appointment.
5. If your child is unwell on the day of the appointment or has a ‘blocked nose’ please phone for advice. Your appointment may need to be re-arranged.
6. Please do not bring other children with you on the day of your appointment as we do not have the facilities to care for them.

What to expect at the appointment

You and your child will be called into one of our private sedation suites where you will meet the dentist and nurse. They will explain what treatment will be completed and review the consent form previously discussed at the assessment. A nosepiece will be fitted to your child’s nose and we will check that they are comfortable and relaxed. Your child will breathe a mixture of nitrous oxide and oxygen through the nosepiece throughout the dental treatment. They will feel relaxed and may feel warm with tingly fingers and toes.

Once sedated the dentist will complete the required dental treatment. Your child will still need local anaesthetic (numbing) if they are having an extraction or a filling. We will place a local anaesthetic gel on the gum first to ensure that this is more comfortable.

When the dental treatment is complete the nitrous oxide mixture is stopped and replaced with oxygen for a few minutes. The nosepiece will then be taken off and your child will be asked to sit up. The dentist and nurse will continue to monitor your child during recovery until your child is allowed to go home.

After the visit

1. After treatment you may be asked to stay in our recovery waiting area for 15 minutes.
2. When leaving the department please hold your child's hand.
3. For the rest of the day your child should not ride a bicycle, go swimming, play on swings or climbing frames, or do anything where they might hurt themselves.
4. Your child may go back to school however the school must be told that your child has had sedation and must not participate in organised sports.
5. Your child can eat and drink after the treatment but care should be taken if areas of the mouth are still numb to avoid lip, cheek or tongue biting.
6. You will be given any information relating to any treatment which your child has received.

If you have any concerns

If you experience any problems or have any worries or concerns, please telephone the Department of Child Dental Health on telephone number (0161) 393 7732 between the hours of 09.00 and 17.00 Monday - Friday.

Outside these hours please contact your child's dentist or your local A& E department.