

University Dental Hospital of Manchester
Department of Restorative Dentistry

Information for Patients

Dental Treatment under Inhalation Sedation and Local Anaesthetic

This leaflet has been provided to you because you have opted to receive your dental treatment under inhalation sedation. The use of inhalation sedation is intended to make you feel more relaxed and less anxious about receiving dental treatment. This leaflet aims to help you understand the treatment you are going to have and answers some commonly asked questions. Please read the following information carefully and make sure you understand the instructions. Failure to comply with any of these instructions may result in your appointment being re-arranged. If you have any further questions please ask.

All written information provided to you in leaflets is also available on our website. Please visit www.mft.nhs.uk/dental/

What is Inhalation Sedation?

Inhalation sedation involves the delivery of a Nitrous Oxide and Oxygen gas mixture to be breathed in through your nose. It is sometimes referred to as 'happy air' and allows you to feel more relaxed during dental treatment. The drug is delivered to you via a rubber mask which sits on your nose for the duration of your treatment. You remain awake and it is not a general anaesthetic. You may become quite giggly and find treatment enjoyable. Some patients describe that they experience a 'pins and needles' like feeling in their body or feel like they are floating. The drug is rapidly exhaled through the body within several minutes of finishing the treatment. We will give you oxygen via the same mask after your treatment until the effects of the sedative have worn off. This normally takes 2 minutes. We hope to use "happy air" at your next visit to help you receive your dental care in a relaxed way. Here are some simple instructions and commonly asked questions which we would like you to read and follow carefully before and after the visit.

Are there any risks?

This method of sedation is mild and extremely safe. However it must not be received if you have a Vitamin B12 deficiency or during certain stages of pregnancy. Please inform your dentist if these could apply to you.

Are there any alternatives?

- Local anaesthetic alone
- Intravenous sedation
- Oral sedation
- General anaesthetic

These options may or may not be suitable for you and your dentist will discuss these with you at your consultation or pre-operative assessment.

Will I need an injection in the gum?

For the majority of dental treatment you will require a local anaesthetic injection. This will be given after you have received the inhalation sedation. If you are frightened of the anaesthetic we can also use an anaesthetic gel on your gum so that the sensation is minimised.

Before the visit

- Eat a light meal 4 hours before your appointment and drink clear fluids up to 2 hours before your appointment. You must not consume any foods or drinks after this.
- Please bring along any tablets, medicines, inhalers or drugs which you take and let your dentist know if there have been any changes to your medications. You must take all medications as normal unless stated otherwise by your dentist.
- Do not smoke or consume alcohol for 24 hours before your appointment.
- Do not use recreational drugs 48 hours before your appointment.
- You do not need to be accompanied by a responsible adult (escort) to your appointment unless stated by your dentist.
- Wear loose, comfortable clothing to the appointment.
- Please leave any jewellery at home. No responsibility can be taken for valuables lost on the Dental Hospital premises.
- Remove any piercings from the mouth or face.
- If you feel unwell on the day of the appointment or have a 'blocked nose' or congested sinuses please call to rearrange your appointment.
- Do not attend the appointment with young children or elderly persons dependent upon your care.
- You may drive to your appointment however please leave ample time for treatment and recovery. We may ask you to wait at least 20 minutes (or longer if you are not fully recovered) in the waiting area before driving a car. If you do plan to drive you must inform your insurance company prior to the appointment.
- Female patients, please let the dentist know if you think you are pregnant as it will not be safe to proceed with the sedation and your appointment will have to be postponed.

How long will I be at the dental hospital?

The treatment will be provided in a dental surgery within the dental hospital. You can expect to be in the dental hospital for 90 minutes, but this could be longer depending on what dental treatment you are having and your recovery time. Please ensure you or your escort makes adequate parking arrangements if you are travelling by car.

After your appointment

Although you will feel fully recovered from the inhalation sedation by the end of your appointment, the drug may have different lasting effects in each individual. You must take precautions to not expose yourself or others to danger.

- You will remain in the surgery until you are fully recovered.
- If you are planning to drive a car after receiving sedation we may ask you to remain in the waiting area for 20 minutes further before leaving. Alternatively, you may be chaperoned or use public transport or taxi.
- You may take your medication as normal.
- You may return to work.
- Avoid dangerous tasks or operating machinery.

Your dentist will advise you on what treatment you have received and how long before you are able to eat and drink.

Consent

By Law we must obtain your written consent for any procedure to be undertaken with inhalation sedation. Staff will explain risks, benefits and alternatives with you before they ask you to sign the consent form. You will be offered a copy of this form to take home with you. If you are unaware about any aspect of your treatment please do not hesitate to ask questions.

You must confirm your consent for the procedure before the treatment starts.

Occasionally, due to unexpected findings during your sedation appointment, the nature of dental treatment able to be provided may need to change. You will be unable to make any important decisions about your treatment whilst under the sedative. We will inform you of any changes at the treatment visit and discuss these with you at the end of your appointment.

Treatment by students

Manchester Dental Hospital is a teaching hospital where students get practical experience treating patients under supervision from a senior member of staff. Please tell a doctor or nurse if you do not want to have students involved in your care. Your treatment will not be affected by your decision.

If you have any concerns

If you experience any problems or have any worries or concerns, please telephone the Department of Restorative Dentistry on telephone number (0161) 393 7734 or (0161) 393 7735 between the hours of 09.00 and 17.00. Outside these hours please contact your dentist or your local A&E department.