

University Dental Hospital of Manchester

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.

Inhalation sedation is intended to make you feel more relaxed and less anxious about receiving dental treatment. This leaflet aims to help you understand what this type of sedation involves and to answer 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 gas 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 gas 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 around 5 minutes. We hope to use "happy air" at your next visit to help you receive your dental care in a relaxed way.

Frequently asked questions

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?

Yes, there are several alternative options. Your dentist will discuss options with you as not every option is suitable for every patient. Alternatives include treatment with local anaesthetic alone, treatment with intravenous sedation, or general anaesthetic.

General anaesthetic is not routinely an option for anxious adult patients needing fillings or other restorative dental procedures.

Will I need an injection in the gum?

For most dental procedures 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.

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.

Patient Instructions

Before the visit

- Unless advised otherwise by your dentist, you may eat a light meal up to two hours before your appointment and drink small amounts of water up to your appointment time. 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 within 48 hours of 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 possible.
- 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 or your escort's 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.
- 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.

After the visit

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

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 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 can 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. 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.

Contact

 0161 393 7735 (Restorative Dentistry) or 0161 393 7736 (Oral Surgery)

 dental.booking@mft.nhs.uk

 <https://mft.nhs.uk/dental/>

