



# Patient Information Leaflet Inhalation Sedation For Your Child's Dental Treatment Cork University Dental School & Hospital



This leaflet has been designed to explain inhalation sedation for dental treatment and contains answers to many frequently asked questions. If you have any other questions that the leaflet does not answer or you would like further explanation, please ask us.

## What is inhalation sedation?

Inhalation sedation is a light form of sedation and is the recommended form of sedation for children. It is a mixture of nitrous oxide and oxygen gases breathed through a small mask over your child's nose. This may help your child to feel relaxed and accept treatment. Inhalation sedation is also known as 'happy air' and is not general anaesthesia. It does not replace the need for local anaesthetic injection if your child's tooth/gum needs to be numb for treatment.

Your child will be awake throughout the procedure and will be able to talk to us. They will be monitored carefully during the appointment. This is done by placing a small monitor over one of your child's fingertips. Inhalation sedation takes a few minutes to become effective. It also takes a few minutes to recover at the end of the procedure.

## How will your child feel?

During inhalation sedation your child can expect some or all of the following feelings:

- relaxation
- a floating sensation
- slight drowsiness but not asleep
- slight warmth
- tingling in the feet or hands

## Before the appointment:

- Please contact the Dental Hospital if your child develops a stuffy nose or becomes ill.
- Inhalation sedation does not work if your child cannot breathe comfortably through their nose.

## On the day of the appointment:

- Children must be **accompanied** by a parent/guardian.
- If your child takes any regular medicines or inhalers bring them to the appointment.
- Your child should wear loose clothing.
- Nail varnish/fake nails should be **removed** before the appointment.
- It is not necessary to fast. Your child should have a light meal approximately 1-2 hours before the appointment. Greasy/oily food **should not** be eaten as it can make your child feel nauseous during treatment.
- Inform the dentist if your child's health or medication has changed.

**After the appointment:**

- Children should avoid active sports, swimming, cycling, dancing, skating and crossing the road on their own for the rest of the day.
- Your child can eat and drink normally after the treatment but care should be taken to avoid lip/tongue/cheek biting if local anaesthetic has been used.
- Ideally your child should travel home by car.
- In most cases your child should not return to school that day.

If you have any problems or worries after your appointment you should contact us immediately at (021) 4901100 and ask for the paediatric dental team.

**After 5pm please contact Cork University Hospital on (021) 4922000  
and ask for the maxillo-facial surgery team on call.**

This leaflet is available online at <http://www.ucc.ie/en/dentalschool/patients>