

Pre Treatment Instructions for patients who are going to receive dental treatment with Inhalation Sedation (Happy Air)

Relative analgesia is a safe sedation technique using a mixture of oxygen, air and nitrous oxide which reduces anxiety. This enables the patient to relax thus making dental treatment more pleasant.

The patient remains conscious and able to communicate with their dentist and dental nurse. He/she is never left unattended.

There is often a period of disorientation following the treatment, where the patient should be cared for appropriately.

Prior to the appointment:

- Normal meals should be taken before treatment.
- Take medicines as normal.
- Avoid alcohol.
- If the patient is unable to breathe easily through the nose then please contact the surgery to re-arrange the appointment.
- The patient **MUST** be accompanied by a responsible adult.
- A parent or legal guardian must consent to the treatment for child patients under 16 years old. Ideally a parent should accompany the child to the sedation appointment.

Following the appointment:

The patient will breathe oxygen for a few minutes to reverse the effects of the sedation, and will be kept in the surgery until the dentist feels that she/he is fully recovered.

However there is often a period of disorientation following the treatment.

- The first time you undergo dental treatment with inhalation sedation you should be accompanied by a responsible adult.
- An escort may not be required for future visits however you will be asked to remain in the practice for up to 30 minutes after treatment is complete
- Children should always be accompanied by a responsible adult
- Children should not be left alone for at least thirty minutes
- Children should be under the supervision of a responsible adult for the rest of the day.
- Children should not do sports or ride a bicycle.
- Ideally travel home by private car or taxi.
- Eat normal meals and take regular medicine as normal, avoid alcohol
- If you have had a tooth out please make sure you read the post extraction information sheet too.
- Adults must adopt caution before driving or operating machinery and should avoid signing legal documents

The provision of conscious sedation may be unsuitable for a patient who lives alone or who solely cares for children, elderly and/or dependent relatives.

If you have any questions please speak to your dentist.