

inhalation sedation

What is Inhalation Sedation?

Inhalation Sedation is also known as the “happy gas”. It is an odorless mixture of nitrous oxide and oxygen breathed through a nosepiece. It helps anxious children to feel relaxed and will make them more likely to accept dental treatment.

It is **NOT** general anaesthesia. Your child will remain conscious and be able to understand and respond to verbal commands



What will the child feel?

1. Relaxed
2. Floating
3. Slightly drowsy but not asleep
4. Slightly warm
5. Tingling in the feet and hands

Your child will be awake and conscious throughout the procedure.

Who can receive inhalation sedation?

1. Children who are unable to tolerate dental treatment with local anaesthetic alone.
2. Children who are mild to moderately anxious about dental treatment.
3. Children who have a sufficient level of understanding.
4. Children who can breathe with their nose.
5. Medical conditions where General Anaesthetic may be contra-indicated:
 - Mild/Moderate Asthma
 - Liver disease
 - Sickle cell anaemia/trait (check with consultant)
 - Epileptics
6. Patient with strong gag reflex
7. Persistent fainting
8. Children with mild to moderate amount of dental treatment required.

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Who is NOT suitable for inhalation sedation?

1. Very young children (below age 5)
2. Children unwilling or unable to cooperate.
3. Moderate to severe learning difficulties
4. Severe asthma/pulmonary conditions/cystic fibrosis
5. Enlarged tonsils/adenoids
6. Recent eye operations 6-12 months
7. Otitis media (*infection of the middle ear*)
8. Severe muscular depression activity e.g. multiple sclerosis
9. Cold/rhinitis - unwilling/unable to nose breathe
10. Chemotherapeutic drugs - bleomycin, methotrexate

How quickly does it work?

Inhalation sedation takes a few minutes to become effective and patients will also take only a few minutes to recover at the end of the procedure. Do note that inhalation sedation is not for every child and a trial is recommended.

Inhalation sedation is a safe and recommended form of sedation for children.



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