



Nitrous Oxide Information and Instructions

The American Academy of Pediatric Dentistry recognizes the administration of nitrous oxide/oxygen as a safe, effective technique to use for treating children's dental needs. Nitrous oxide (or laughing gas) is a colorless and virtually odorless gas with a faint, sweet smell. The gas is mild, easily taken in with normal breathing, is quickly eliminated from the body and non-addictive. While inhaling nitrous oxide/oxygen, your child remains fully conscious and keeps all natural reflexes. It generally works well in children who have some degree of cooperation.

The objectives of nitrous oxide/oxygen are to reduce pain and/or anxiety, enhance communication and patient cooperation, reduce gagging and increase tolerance for longer treatment appointments.

Nitrous oxide/oxygen may not be effective for all patients, especially those who have severe anxiety; nasal congestion, extensive treatment needs, or discomfort wearing a nasal mask. Nitrous oxide/oxygen will not help once a child has become uncooperative or upset.

Before your child's appointment

- 1) Please have your child avoid eating 1 hour prior to the appointment. If you plan to feed your child prior to his/her appointment, the meal should be light and easily digestible. (Occasionally, nausea or vomiting occurs when a child has a full stomach.)
- 2) Contact the office prior to the appointment if there has been a change to your child's general health such as a stuffy nose, cough, cold, flu, fever, etc.
- 3) Children (under age 18) must be accompanied by a parent/guardian.

After your child's appointment:

- 1) Your child will be able to resume normal activity after having nitrous oxide/oxygen.