



# Redcliff Family Dental Nitrous Oxide Preoperative and Postoperative Instructions for Patients over 12 Years Old

**Nitrous Oxide** (or laughing gas) is a sedation compound delivered through a soft nasal hood. It helps to calm anxiety, decrease gagging and reduce pain sensation. It has many advantages such as: quick onset, quick dissipation, sedation is controlled by the dentist (titrated), and it has an increased safety compared to other sedation types.

## PLEASE CAREFULLY READ THE FOLLOWING INSTRUCTIONS FOR YOUR APPOINTMENT DAY:

### MEDICAL CONSIDERATIONS:

- Please inform us of any changes in medical health or medications.
- Please do not take any sedative medication within 24 hours of your appointment (i.e. Benadryl/Gravol).
- If antibiotic pre-medication is needed, please take it 60 minutes prior to the appointment with a small sip of water.

### PERSONAL ATTIRE:

- Wear comfortable, **short-sleeve** clothing to allow access for placement of a blood pressure cuff.
- DO NOT wear nail polish, shellac, or acrylic nails. We must place an oxygen monitor on your finger.

## IMPORTANT!! PLEASE FOLLOW THE GUIDELINES FOR FASTING ON THE DAY OF YOUR APPOINTMENT!

**You must fast for a minimum of 6 hours from a light meal, and a minimum of 2 hours from clear fluids before your appointment time (see chart below).** Nitrous oxide can sometimes cause nausea, which increases the risk of vomiting and choking. Appointments will be rescheduled if you eat or drink, and Redcliff Family Dental reserves the right to charge a **CANCELLATION CHARGE OF \$150.**

Minimum fasting period	Amount and type of food ingested
8 hours	Heavy meal (i.e., meat, fried or fatty foods)
6 hours	Light meal (easy-digested carbohydrate, low protein, low fat) (i.e., toast and a clear fluid, noodles in a clear broth) After ingestion of non-human milk After ingestion of infant formula
2 hours	After ingestion of clear fluids (i.e., water, fruit juice without pulp, black coffee)

## POSTOPERATIVE INSTRUCTIONS FOLLOWING YOUR APPOINTMENT:

- The Nitrous Oxide effects are gone within 3-5 minutes after it is turned off.
- Recovery status will be assessed following the procedure. Only fully recovered individuals can be considered for discharge unaccompanied.
- We recommend a soft food diet until the numbing effects have subsided.
- Drink lots of liquids as soon as possible after treatment and to continue liquids for the remainder of the day.
- It is not unusual to have some jaw discomfort and muscle aches after treatment. Please take minor pain relief medication (what you would take to relieve a headache) as needed.

## IF YOU HAVE DIFFICULTY BREATHING CALL 911 IMMEDIATELY!

Please notify us in the event of:

- Any unexpected admission to a hospital within 10 days of treatment at the dental office.
- The transfer of the patient to another care provider, a Non-Hospital Surgical Facility, Dental Surgical Facility, medical facility or hospital within 10 days of the sedation for emergency treatment.
- Unexpected treatment by another care provider, a Non-Hospital Surgical Facility, Dental Surgical Facility, medical facility or hospital within 10 days of the sedation procedure.

\_\_\_\_\_  
Patient's Name and Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Dentist's Name and Signature