

Redcliff Family Dental Nitrous Oxide Pre-Operative Instructions for Children under 12 years old

Nitrous Oxide (or laughing gas) is a colorless and virtually odorless gas with a faint, sweet smell delivered through a soft nasal hood. It is an effective agent for decreasing pain, anxiety and gagging. Nitrous Oxide takes effect and wears off rapidly (2-3 minutes). Your child will have minimal impairment of any reflexes. Acute and chronic adverse effects to Nitrous Oxide are rare. The most common side effects are nausea and vomiting. These are usually prevented by following the pre-operative instructions listed below:

PLEASE CAREFULLY READ THE FOLLOWING INSTRUCTIONS FOR THE APPOINTMENT DAY:

MEDICAL CONSIDERATIONS:

- Please inform us of any changes in medical health or medications.
- On the appointment day, please do not administer any sedatives (i.e. Benadryl/Gravol).

PERSONAL ATTIRE:

- Dress your child in comfortable, **short-sleeve clothing** to allow access of a blood pressure cuff on their arm.
- No nail polish, shellac, or acrylic nails. We must place an oxygen monitor on their finger and it may not work.

ADDITIONAL CONSIDERATIONS:

- All minors must have a parent or legal guardian present at the office during the appointment and a **signed consent form completed**.
- The parent/guardian is welcome to remain in the waiting room, as children are generally more cooperative. This is left to the discretion of the parent/guardian. Women who are pregnant are asked to wait in the waiting room and not be around the Nitrous Oxide.
- In the event sedation is unsuccessful, the decision to discontinue or alter treatment is the right of the providing dentist.

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

Your child must fast for a minimum of 6 hours from a light meal, and a minimum of 2 hours from clear fluids before their appointment time (see chart below).

Nitrous Oxide can sometimes cause nausea, which increases the risk of vomiting and choking. Appointments will be rescheduled if your child eats or drinks, 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
4 hours	After ingestion of breast milk (no additions are allowed to pumped breast milk)
2 hours	After ingestion of clear fluids (i.e., water, fruit juice without pulp, black coffee)

 Parent's Name and Signature

 Date

 Dentist's Name and Signature

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ACTIVITY:

- Most children can resume normal activity after having Nitrous Oxide sedation. Your child may feel dizzy or sleepy after the sedation; watch them closely and have them relax at home if necessary.
- Although the effects of laughing gas wears off within minutes of turning off the gas, consider postponing further activities for your child on the day of dental treatment. This also depends on the procedures being performed on your child, as some procedures (extractions) require more recovery than others (i.e. simple fillings).
- **No sedatives or stimulants should be taken for 24 hours after the appointment.**

NUMBNESS:

- You will be notified if local anesthetic was used during the procedure. It usually takes approximately 2-3 hours to completely wear off.
- Make sure you monitor your child closely to avoid any soft tissue trauma.
- After the numbing wears off, your child can eat and drink normally.

DIET:

- We recognize that your child will be hungry at the end of their appointment. We recommend a soft food diet until the numbing effects have subsided.
- Encourage lots of liquids as soon as possible after treatment and to continue liquids for the remainder of the day.

DISCOMFORT:

- If your child complains of pain, regular strength children's Ibuprofen or Tylenol is usually sufficient.

Please ensure your phone number is up to date so we can reach the patient and their care provider later that day to check on the progress of their recovery and to answer any questions you may have.

IF THE PATIENT BECOMES UNRESPONSIVE OR HAS 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.

Parent's Name and Signature

Date

Dentist's Name and Signature