

Please remember, inhalation sedation is safe but there are a few rules to follow:


Before the visit:


- Do not bring any other children with you to the appointment, as your child will need your full, undivided attention. If you do bring other children, the appointment may be cancelled.
- Your child can eat a light meal and drink up to one hour before treatment.
- At each appointment a parent/legal guardian will need to come with the child.
- If you or your child are pregnant, or you think you or they could be, please let your dentist know in advance of the appointment.

After the visit:

- Follow mouth care advice as given by the dentist.
- Your dentist will advise you if your child can return to school on the same day.
- Your child should not take part in games or play any sport for the rest of the day.
- At home, your child should be supervised by a responsible adult for the rest of the day.
- Your child can resume normal activities the following day.

Who can I contact for further information about the procedure?

 Paediatric Dental Department:
020 3594 6119 or 020 3594 6121
(8.30am-5pm, Monday to Friday)

 Only in an emergency - out of hours, contact the Children's A&E reception:
020 3594 0005

Patient Advice and Liaison Service (PALS)

For support with our services, including help dealing with any issues or concerns you may have, please contact the Patient Advice and Liaison Service (PALS) for The Royal London Hospital:

Tel: 020 3594 2050 or 020 3594 2040

Fax: 020 3594 3235

Large print and translations

For this leaflet in large print, please ring 020 3594 2040 or 020 3594 2050. For help in interpreting this leaflet in other languages, please ring 020 7377 7280.

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Patient information

Dental treatment for children using inhalation sedation

Welcome

Welcome to the children's dental department. Our staff will do everything possible to help you and your child to feel comfortable. This leaflet is to give the parents of children undergoing dental treatment using inhalation sedation more information about what is involved.

Q: My child is scared of having dental treatment – is there anything that can help?

A: Some people, especially children, feel worried about going to the dentist and having treatment. One way we can help your child feel less nervous or scared is by giving them 'inhalation sedation' which is sometimes called 'happy air' or 'laughing gas'. Your child will be conscious the whole time and will be able to talk to you and the dentist. Worries should go away and your child should be able to cope with treatment more easily. You will be able to discuss this option with your dentist during your child's initial appointment and ask any questions.

Q: Can inhalation sedation help with anything else?

A: Yes. It can help if your child tends to gag during treatment. It can also help if they are afraid of injections; a little can be given at the beginning of treatment – just enough for your child to have the injection without being scared.

Q: What happens when my child is given inhalation sedation?

A: A small mask will be placed over your child's nose. After breathing in the 'happy air' (a mixture of a gas called nitrous oxide and oxygen) for a few minutes your child should start to feel more relaxed. Other typical reactions include feeling giggly, having a tingling feeling in the fingers and/or toes, a warm sensation all over the body and a feeling of well-being or floating.

The dentist and dental nurse will help put your child at ease by talking softly and calmly throughout the treatment. When the dental treatment is finished, the dentist will turn off the 'happy air'.

Your child may still need to have local anaesthetic (injection) as part of the treatment but this will be carried out once they are sedated.

Q: Are there any risks with inhalation sedation?

A: Inhalation sedation is an extremely safe technique which rarely causes any problems. Your child may not be completely sedated if they cannot breathe easily through their nose for any reason, e.g. if they have a cold. Very rarely, your child may feel sick or vomit – so we advise only a light meal up to 1 hour before their appointment. Your child may dislike

wearing the mask – we can help by showing your child the mask and getting them to practice wearing it beforehand. Very rarely, your child may feel dizzy, but this normally goes away after they stop inhaling the gas.

Q: My child has a heavy cold, can he/she still have inhalation sedation?

A: No, if your child has a heavy cold they will be unable to breathe through their nose and the sedation will not work. Please call the clinic to rearrange the appointment. You should also contact us if you have any other queries relating to your child's health.

Q: Are there any other types of sedation?

A: The inhalation method of sedation may not be right for your child. A different, deeper form of sedation may be necessary, or a general anaesthetic. You can talk to your dentist about this.

Q: Why do I need to sign a consent form?

A: It is important for you to be included in all the decisions about your child's care and treatment. If you decide to have sedation you will be asked to sign a 'consent form'. The consent form confirms your agreement to the treatment. It also provides an opportunity for you to ask any questions and make sure you understand exactly what the procedure involves.