

Inhalation Sedation: Information for patients receiving “Happy Air”

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

What is inhalation sedation?

Inhalation sedation is a form of anxiety control which may make your dental treatment more pleasant.

It involves a gas (nitrous oxide) which is breathed through the nose using a nasal mask/hood.

You will be awake and be able to communicate with us verbally.

You may experience some of the following:

- Feeling relaxed
- Tingling in hands and feet
- Mild drowsiness
- Mild light headedness

What is the consent process?

We must seek your consent for any procedure or treatment beforehand. Your clinician will explain the risks, benefits, and alternatives where relevant before they ask for your consent. If you are not sure about any aspect of the procedure or treatment proposed please do not hesitate to ask for more information.

What are the benefits?

It alleviates anxiety associated with dental treatment.

Inhalation sedation avoids the use of general anaesthesia and its associated risks.

It enables you to accept dental treatment with ease and safety.

Is this suitable for all patients?

It will only work if the patient is fully co-operative. This does mean that it may not work for very young children or in some patients with a mental health problem.

It is not suitable for pregnant women during the first 12 weeks of pregnancy. This also means if your child is planned for inhalation sedation and you are pregnant, then another parent/guardian will need to bring the child to the appointment.

What are the risks?

The risks are very minimal and inhalation sedation is very safe.

If you experience some drowsiness, this can be quickly reversed with giving you oxygen.

What are the other alternatives?

The choice about which treatment is best for you will be made together with your clinician. This will be based on the risks and benefits of the treatment and your individual circumstances. The other alternative available are cognitive behavioural therapy (talking therapy), intravenous sedation, and general anaesthesia.

What do I need to do before my appointment?

If you think you may be pregnant, you must let the clinician know.

If you have a cough, cold or other illness, please contact the clinic as the inhalation sedation may need to be postponed.

What should I do on the day of my appointment?

Have a light meal before the appointment.

Take all your regular medications unless your clinician has advised otherwise.

For children: Parents, please do not bring any siblings to the appointment.

For adults: you may bring an adult to accompany you to your appointment, but they may not be able to remain with you whilst you are having your treatment.

When can I go home after treatment?

After treatment, the sedation will be reversed with oxygen. This will make you feel more alert.

We may ask you to stay in the surgery/waiting area for a few minutes until you can be safely discharged.

Can I bring someone with me?

If you are an adult and would like another adult to attend with you, this is fine. Please note it is not advisable for pregnant women to act as a chaperone.

Children will need to be accompanied by a responsible adult who will take the child home or back to school after treatment.

Only one adult will be allowed to act as a chaperone and we do not allow siblings to attend during the sedation session.

Can I drive myself home after treatment?

We do not advise adults to drive after having inhalation sedation. If you must drive, you should wait at least half an hour from the end of the appointment.

Can my child go back to school after treatment?

For the rest of the day children should not ride a bicycle, go swimming, play on swings or climbing frames, or do anything where they might hurt themselves, but going back to school should be fine as long as the school is aware that your child has received sedation.

Who do I contact if I need any further advice?

Wolverhampton Special Care Dental Service

Pendeford Health Centre

Dental Department

Whitburn Close

Pendeford

Wolverhampton

WV9 5NJ

01902 575226

Phoenix Walk in and Health Centre

Dental Department

Parkfields Road

Wolverhampton

WV4 6ED

01902 444112

Pennfields Medical Centre

Dental Department

Upper Zoar Street

Pennfields

Wolverhampton

WV3 0JH

01902 446681

Normal Opening Hours:

Monday to Friday, 8:30am to 12:30pm and 1:30pm to 5:00pm
(excluding Bank Holidays).

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਢੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਢੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。

Designed & Produced by the Department of Clinical Illustration,
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