

# Van Beek Family Dentistry

50 South St., Goderich, ON, N7A 3L5  
Tel: 519-524-9655 email: drvanbeek@hurontel.on.ca  
www.vanbeekfamilydentistry.com



## Patient Instructions for Nitrous Oxide: “Laughing Gas”

We care about you and are committed to making your oral-health care experience **comfortable and relaxing**. Nitrous oxide is one means by which we can assist you or your child in feeling more comfortable during dental treatment. Nitrous oxide is an extremely safe means of reducing apprehension and anxiety. Here is a list of things you should be aware of about nitrous oxide sedation.

### ***Before your appointment:***

- Do not have anything to eat or drink for 3 hours before your appointment.
- Consume a small amount of a clear fluid 1 hour before your appointment. (ex: apple juice)
- If you are taking any medications for high blood pressure, diabetes or any other medical conditions, be sure to take your pills as you normally would.
- Make a trip to the washroom just prior to being seated.
- Adults accompanying children to their appointment are encouraged to wait in the waiting room. If you would like, you can sit quietly in the treatment room; however, it is important that the dentist and assistant take the primary role in talking with your child and facilitating cooperation for treatment (you should remain as a passive observer, and if you are at all anxious about watching your child please wait in the waiting room, since your child will pick-up on your anxiety and become more apprehensive about treatment)

### ***During your appointment:***

- Nitrous oxide is administered, together with oxygen, through a mask.
- Initially, you will only be breathing oxygen so that you get used to breathing with the mask on.
- Nitrous oxide will then be given at increased percentages until you feel comfortable.
- Expected sensations include: lightheadedness, tingling (arms / legs), warmth, floating or heaviness, euphoria, talkative, “like a few drinks”.
- While sedated with nitrous oxide the dentist and dental assistant will always be present in the room with you, monitoring you to make sure you are doing okay.
- After your dental treatment is completed, you will receive oxygen through the mask for 5 minutes, during which time you will return to a fully normal state of consciousness.

### ***After your appointment:***

- You can drive yourself home.
- If there are any questions, please call us at (519) 524-9655.

We are available and willing to listen to any concerns/questions you may have.