



Oxford Health
NHS Foundation Trust



Oxfordshire Community Dental Service

Inhalation sedation for adults

What is inhalation sedation?

Inhalation sedation is a recommended and safe form of light sedation for adults.

It is often used to help people who are anxious or fearful feel relaxed and accept treatment.






It can also be used for individuals with a pronounced gag reflex.

How is inhalation sedation given?

Inhalation sedation is a mixture of oxygen and nitrous oxide which is breathed in through a nose piece. It is not a general anaesthetic.

How will it make me feel?

During inhalation sedation you may feel:

-  drowsy, but not asleep
-  relaxed
-  floaty
-  warm
-  tingling in hands or feet

On the day of the appointment

- ✓ If you develop a cold or hay fever then please contact us as soon as possible. Inhalation sedation does not work if you have a blocked nose.
- ✓ We recommend that you eat a light meal ie. tea and toast a couple of hours before the appointment, but avoid having a full stomach.
- ✓ The sedation should not interfere with any current medication. Please discuss any medications with your dentist if you are worried.
- ✓ We advise an adult accompanies you home afterwards. If this is not possible, the dentist will ask you to wait in the waiting room for at least 30 minutes. No children should come to your appointment.
- ✓ We advise against driving yourself home as the sedative effect may last several hours.
- ✓ After the sedation and dental procedure it is recommended that you rest at home for the rest of the day. Avoid making important decisions until the next day.
- ✓ We advise you do not work, drive, take part in strenuous exercise or operate machinery during this time.

Use this QR code to find all Oxfordshire Community Dental Service leaflets. You can also access them in an accessible format.



Accessibility

An accessible version of this leaflet can be found on our website: www.oxfordhealth.nhs.uk/cds.

If you need the information in another language or format, please contact us.

Get in touch

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Feedback

Our Patient Advice and Liaison Service (PALS) provides advice and support to patients, families, and carers, helping to resolve any problems, concerns, or complaints you may have.

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