



Oxford Health
NHS Foundation Trust



Oxfordshire Community Dental Service

Inhalation sedation for children

What is inhalation sedation?

Inhalation sedation is a light form of sedation. It is often used in children's dentistry to help them feel relaxed and accept treatment. It can also be used in adults and is especially effective for those 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:

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

How quickly does it work?

Inhalation sedation takes a few minutes to become effective and it also takes a few minutes to recover from at the end of the procedure.

It is the recommended and safe form of sedation for children.

On the day of the appointment

- ✓ Children must be supervised by a responsible adult or guardian.
- ✓ Do not starve your child. It is recommended that your child has something light to eat a couple of hours before the appointment.
- ✓ If your child develops a cold or hay fever, then please contact us as inhalation sedation does not work if you have a blocked nose.
- ✓ After the sedation and dental procedure it may occasionally be necessary for your child to stay off school. However, as this type of sedation wears off very quickly, generally your child can return to normal activities straight away.

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.

Phone	0800 328 7971
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