



## General Instructions for Parents of Children having Nitrous Oxide Oxygen Analgesia

Nitrous oxide oxygen analgesia works very well for 9 out of 10 children and makes the dental experience a more pleasant one. One out of 10 children do not like the feeling they get from the nitrous oxide and another technique will need to be used. When children become adolescents, the number who like the nitrous oxide drops, and for every 1 teenager who likes it, there is 1 who does not. It remains an excellent technique for children.

Nitrous oxide is administered by a nasal mask. The gas has a pleasant odor and is sometimes called “sweet air”. Nitrous oxide oxygen analgesia is not used as an anesthetic and the child does not go to sleep. Their protective reflexes are not depressed by the gas. It does provide good analgesia and, in some cases, enough analgesia to remove a tooth without local anesthesia. In this office, we use local anesthesia with most procedures and the nitrous oxide prevents the child from feeling the local anesthetic injection. It also provides amnesia, in many cases, where the child does not remember the surgical experience.

### **The pre-operative instructions for nitrous oxide oxygen analgesia are as follows:**

You may have a light meal up to 2 hours prior to surgery (toast, bagel, fruit, or muffin).  
You may have clear liquids up to the time of surgery (juice, water, or tea).

On the day of procedure, it is permissible for a parent to be in the room during the procedure and, in most cases, it is a good thing. I discourage multiple people in the room because it is too distracting for the child and the gas will not work as well as it normally does.

During the procedure, it is good to be supportive of your child, however, do not be a “cheer leader”. Keep the talking to a minimum. When the room is quiet and relaxing, the child will be able to inhale the gas better and as a result an easier experience for the child. Wait about five minutes afterwards before asking the child how the experience was. If you wait that long, they probably will not remember much, or nothing at all.

### **The post-operative instructions for nitrous oxide as follow:**

At the end of the procedure, several minutes of oxygen are given and the effects of the nitrous oxide will diminish. Most children will also have local anesthesia with the nitrous to numb the desired area. It is important to watch your child while they are numb to help guide them not to bite, scratch, or suck on the numbed area. Children will occasionally bite their lips, cheeks, or tongue while numb which can result in a painful ulcer and/or swelling when the numbing wears off.

It is recommended that children avoid eating for at least 1 hour after the numbing to avoid traumatic biting injuries. The doctor will let you know how long he/she anticipates your child will be numb to help coordinate their next meal. Children can drink liquids immediately after the procedure as long as caution is exercised with numbed tissues.

**PLEASE CALL THE OFFICE IF YOU HAVE ANY QUESTIONS ABOUT YOUR CHILD’S RECOVERY (209) 400-2018**