

Community Dental Service

Information for parents about Inhalation sedation (Happy air)



What is inhalation sedation?

Inhalation sedation is a light form of sedation. It is a mixture of nitrous oxide and oxygen breathed through a nose piece. This helps anxious children feel relaxed and more likely to accept treatment.

Inhalation sedation is also known as 'happy air'.

Inhalation sedation is **NOT** general anaesthesia.

Inhalation sedation is a safe and recommended form of sedation for children.

What will my child feel?

During inhalation sedation your child can feel:

- Relaxed
- Floaty
- Slightly drowsy but not asleep
- Slightly warm
- Tingling in the feet or hands.

Your child will be awake and conscious throughout the procedure, and they will be able to talk.

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

Local anaesthetic is still normally required to carry out dental.

Before the treatment

Please contact the dental department's reception if your child develops a cold.

Inhalation sedation does not work if a child has a cold or a blocked nose.

A written consent form is required to be signed by the person with parental responsibility before treatment under inhalation sedation.

After inhalation sedation, your child should avoid active sports such as swimming, cycling, dancing, skating and horse riding for the rest of the day.

Please ask the dentist if your child can go to school after the treatment.

On the day of the appointment

- Your child must be accompanied by a responsible adult
- Loose clothing should be worn
- Routine medication should be taken
- Fasting is not required. Your child should have a light meal approximately one or two hours before the appointment
- Inform the dentist if your child's health or medication has changed
- Any accompanying escorts should advise the dentist if they are pregnant.

Please do not bring other children to the appointment.

After the treatment

After inhalation sedation, your child should avoid active sports for the rest of the day, such as:

- Swimming
- Football and rugby
- Cycling
- Dancing
- Skating
- Horse riding.

Please ask the dentist if your child can go to school after the treatment.

If you have any concerns or queries about inhalation sedation please contact dental reception Monday to Friday 9am to 5pm on.....

For impartial and confidential advice or information on the services provided by Bridgewater or to receive this leaflet in an alternative format call our Patient Services team on 0800 587 0562.