

Community Dental Service

A children's guide to happy air



Happy air

You are coming back to the dentist to have your teeth fixed using happy air.

This leaflet will tell you all about happy air, how it works and how it might make you feel.

The first thing you need to know is that happy air gives you a nice feeling. Happy air also helps to make it easier to fix your teeth.

If you do not like happy air the dentist can stop using it.

How does happy air work?

When you go into the dental room you will see a special happy air machine that may look like these:



The happy air machine looks big and strange but the only part that will touch you is the soft nose piece that sits on your nose.

The nose piece may look like the picture below:



The tubes from the happy air machine fit into the nose piece.



The happy air flows slowly through the nose piece into your nose. The happy air does not smell of anything.

You will need to breathe through your nose and not through your mouth so that the happy air works properly.

The dentist will fix your teeth whilst you are breathing the happy air through the nose piece.



What will I feel?

At first you may not feel anything but after a little while you may feel warm and tingly, and you may also feel like you are floating.

Most people really enjoy the feeling, and it can make you giggle – that is why it is called happy air.

What happens afterwards?

When the dentist has finished fixing your teeth the happy air machine will be switched off and the tingly floating feeling will start to go away.

You will sit up and take off the nose piece and, after a short while, you will be able to go home.

Further information

We have also produced a short video about what to expect when having happy air sedation, please follow the link below or scan the QR code:

<https://youtu.be/pofCX9C7fu0>



For more information about the Community Dental Network please visit our website page <https://bridgewater.nhs.uk/communitydentalnetwork/>

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.