

# Having dental treatment under Inhalation Conscious Sedation

**Please note that if you are unable to comply with the instructions in this leaflet then your treatment may be cancelled.**

## What is Inhalation Conscious Sedation?

The sedation involves breathing a mixture of nitrous oxide and oxygen through a small nosepiece. The amount of nitrous oxide is increased until there are signs of relaxation. You may get a feeling of warmth throughout your body as well as some mild tingling and light-headedness. A local anaesthetic might be needed to numb the mouth in the area to be treated.

## What are the benefits?

Many patients are anxious about having dental treatment. This sedation can reduce anxiety and help patients to receive treatment or make that treatment more pleasant.

## What problems might occur?

This sedation is very safe. Very rarely a patient can feel nauseous and might vomit.

## What is the best way to prepare for the treatment?

**Please do:**

- Let the dentist know if you think you may be pregnant or are breastfeeding
- Take routine medication unless you have been told not to
- Eat and drink before the appointment, but not a heavy meal
- Attend with one responsible adult who must stay on the premises during your treatment and take you home afterwards. **Your treatment cannot be carried out if you attend on your own**

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- Wear loose fitting clothing and flat shoes
  - Tie back long hair
  - Contact the clinic if you have a **cold or blocked nose**. The sedation won't work if you can't breathe through your nose. **We will need to postpone your appointment until you can breathe more easily**
  - Tell the staff if you have attended your doctor or hospital since your last appointment

**Please do not:**

- Bring any young children to the appointment with you
- Wear jewellery, especially earrings
- Wear make-up, especially lipstick and nail varnish
- Drink alcohol or take recreational drugs before the appointment or for the rest of the day
- Drive or operate machinery for two hours after the appointment
- Return to school or work for two hours after the appointment

**On the day of your treatment**

The dentist will ask you to confirm your consent. This means that you understand the planned treatment and how you will receive the sedation.

**Please do not attend with anyone who is or may be pregnant if they will be coming into the treatment room with you.**

We endeavour to keep to your appointment time but sometimes we may run behind, however, if you arrive late then we may need to reappoint you.

If you miss an appointment without first cancelling it, you will be discharged back to your own dentist.

If you keep cancelling appointments at short notice then we are likely to request a further assessment (non-treatment) visit.

We will always try to be helpful but we do need your cooperation

**If you have any questions please ask a member of staff who would be happy to help.**



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**If you have any problems after treatment, please contact:**

**Opening hours:**

Monday - Thursday 8.30am - 5.00pm

Friday 8.30am - 4.30pm

**St Catherine's Health Centre Dental Clinic**

0151 514 6420

**Victoria Central Health Centre Dental Clinic**

0151 514 6266

**Leasowe**

0151 514 2340

**Out of Hours:**

**Out of Hours Service 111**

**Revive Dental Care**

0161 476 9651

If you would like this information in another format or language, please contact the Your Experience Team on freephone 0800 694 5530. Alternatively you can email [wcnt.yourexperience@nhs.net](mailto:wcnt.yourexperience@nhs.net)

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