

- The dental team will also advise you about any pain medicines you may need while recovering from the treatment.

If you have any questions or are unclear about having your sedation, then do not hesitate to ask your dentist.

Instructions Following Treatment Under Local Anaesthetic

- The numbness can last up to several hours after treatment
- Care must be taken not to bite your lip, tongue or cheek in the area that is numb
- Discomfort and bruising may be experienced in the site of injection
- Take extra care with hot drinks and fluids as they may burn
- Avoid eating, if possible, until the effects have worn off

Information and Instructions following Dental Extractions

- Do not disturb the tooth socket or clot with fingers or tongue
- Do not rinse your mouth on the day of surgery
- Do not take vigorous exercise
- Avoid smoking and drinking alcohol for at least 24 hours

If prolonged bleeding occurs after leaving the surgery:

- Roll up a swab or clean handkerchief or piece of gauze
- Place the pack over the socket and bite hard (or use finger pressure)
- Maintain pressure for 20 minutes.

To assist healing, keep all other teeth clean (children and those with special needs may require help).

It is normal to feel some discomfort for up to 2 days. Ibuprofen and/or paracetamol may be taken as appropriate and as recommended by your dentist.

Should you have any problems following treatment during surgery hours, please contact the dental clinic. If this is out of surgery hours, please contact the NHS emergency and urgent care services on 111.

Adult Inhalation Sedation



Surrey Community Dental Service

What is Inhalation Sedation?

Inhalation sedation means that the sedation is given as a gas. Anxiety is reduced by breathing nitrous oxide with oxygen, given as a mixed gas. The dentist will give you the gas through a nosepiece. This will not cover your mouth.

It is used to reduce anxiety and fear of dental treatment. This is particularly helpful if you are having a longer, uncomfortable or more complicated procedure. It is a widely used technique.

Assessment Appointment

- It is usual to have two appointments. The first appointment will be for an assessment when your dentist will conduct a full assessment including discussing treatment options, consent, medical, dental and social history.
- The dental treatment under sedation will take place at the second and subsequent appointments.
- It is important that you let the dentist know your medical history and any medicines that you are taking. If further information is required, your general medical practitioner or relevant specialist will be contacted.
- If you think you may be pregnant, you need to let the dentist know. You may need to come back to have your treatment at another time.
- You should let your dentist know if you are breastfeeding.
- If the treatment is needed as an emergency, it may be possible to have some treatment under sedation at the first appointment.

Preparing for your Sedation Appointment

- Wear loose, comfortable clothing. No valuables should be brought to the appointment.
- **You should** eat before your treatment
- If you normally take any medicines, take them as usual unless directed otherwise by your dentist
- You need to be able to breathe through your nose, so if you have a heavy cold, it is better to rearrange your appointment.

What will it feel like?

- The dentist and members of the dental team are trained to give sedation and will watch you closely during the treatment.
- The dentist will place the mask on your nose and ask you to breathe through your nose for the duration of the treatment.
- The mixture of gases makes you feel more relaxed, and it can give you a nice warm floating feeling. Sometimes you can feel tingling in your hands and feet.
- You will stay awake and in control of all your reflexes, such as coughing. This is different from having a general anaesthetic in hospital where you are asleep.
- Although you will be more relaxed than normal you will still be able to hear us and talk to us.
- Once you are sedated with the gas, the dentist may use local analgesia (pain relief that numbs the site of the dental treatment). Local anaesthetic as a paste is used to numb the site of the treatment. Any injection that you may need can then be given through this numbed area to reduce the chance of any discomfort.

Aftercare

- When you have finished the treatment, the nitrous oxide mixture will be stopped and replaced with oxygen. You will breathe just oxygen through the nosepiece for a couple of minutes to help you feel more normal again.
- The nitrous oxide is completely breathed out of the body within 30 minutes of the end of the treatment. This means that you can recover very quickly from this type of sedation.
- You will be able to leave the surgery and go home once you are fully recovered.
- It is best to avoid any strenuous activity for the rest of the day.
- You should feel well enough to leave on your own afterwards. However, if you feel unwell or lightheaded, it's a good idea to arrange for someone to accompany you home.
- You may be advised not to drive a car, ride a bicycle or operate machinery for up to 2 hours following your treatment.
- You will be given information relating to any local analgesia and the dental treatment you have received.