

- The dentist will explain which pain relief medicines your child may have while recovering and the local analgesia wears off.
- Your child will be able to leave the surgery once they have fully recovered, alert and not feeling dizzy. Your child will be checked by the Dentist before being allowed to go home.

If you have any questions or are unclear about any part of the treatment, 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.

Parent Information Inhalation Sedation



*Information for parents or those with parental responsibility for
children and young people aged under 16 years*

Surrey Community Dental Service

What is Inhalation Sedation?

- Inhalation sedation means that your child will breathe a mixture of nitrous oxide and oxygen from a nosepiece placed on the nose. This will have a relaxing effect.
- Your child may require dental treatment under inhalation sedation. This will help your child feel less anxious, slightly drowsy and more relaxed for the dental treatment.
- Inhalation sedation does not make your child unconscious. This is different from having a general anaesthetic in hospital where you are asleep.

Benefits of Inhalation Sedation

- Inhalation sedation is used to reduce anxiety and fear of dental treatment. This makes your child more co-operative. This is particularly helpful if your child is having a longer, uncomfortable or more complicated procedure. It is a widely used technique.
- The nitrous oxide is completely breathed out of the body within 30 minutes of the end of the treatment. This means that your child can recover very quickly from this type of sedation.

Assessment Appointment

- It is usual to have two or more appointments. At the first appointment (assessment), the dentist will take a full dental and medical history of your child.
- If further information is required, your child's general medical practitioner or specialist will be contacted.
- Various methods of providing the dental treatment with or without sedation will be explained.
- If it is agreed that dental treatment with inhalation sedation is the best way to treat your child, a consent form is signed and the treatment will take place at the second or subsequent appointments.

Preparing for your Child's Sedation Appointment

- Your child should eat normally before their treatment and **not** to come to the clinic with an empty stomach.
- Please give your child any routine medicines as normal unless directed otherwise by the dentist

- Please avoid bringing other children with you on the day of treatment.
- Written consent will be required from the parent/carer before any treatment can be given to your child. If you have agreed and signed the consent form at the assessment appointment, and you are then unable to attend on the day of the treatment, your child must be accompanied by a responsible adult (over 18 years of age).
- Your child should wear loose, comfortable clothing.
- If your child is unwell on the day with a blocked nose, cold/flu symptoms or any contagious illness, please contact the dentist. The appointment may need to be re-arranged.

What will it feel like?

- During the procedure, your child will breathe the nitrous oxide and oxygen through a nosepiece on the nose. Your child may feel warm with tingly fingers and toes.
- Once your child is sedated, and feels drowsy and relaxed, the dentist can use local analgesia (numbing). Local anaesthetic as a paste is used to numb the site of the treatment. Any injections that your child may need can then be given through this numbed area to reduce the chance of discomfort.
- Your child remains awake but may feel warm and detached.
- Your child's memory of the treatment afterwards may be slightly reduced.

Aftercare

- When the dental treatment is completed, the nitrous oxide mixture will be stopped and replaced with oxygen (to prevent your child being sick). The nosepiece will be taken off, and your child will be sat up in the dentist's chair and will continue to recover fully for a few minutes. The dentist or a member of the dental team will monitor your child during recovery.
- Your child may not participate in organised or active sports for the rest of the day but may be able to return to school.
- Your child can eat and drink normally after the treatment, but care should be taken if they have been given local anaesthetic.
- You will be given information relating to any local analgesia (numbing) and the treatment the child has received.