

If you have had a tooth extraction:

- 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.

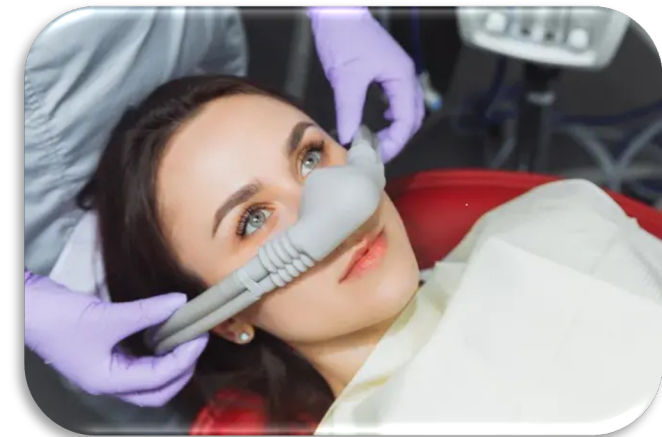
It is normal to feel some discomfort for up to 2 days. Ibuprofen and/or paracetamol may be taken as appropriate and as recommended by your dentist.

If you have any questions or are unclear about any part of the treatment, then do not hesitate to ask 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.

Review Date 06/2027

Inhalation Sedation Young Adult and Special Needs



Surrey Community Dental Service

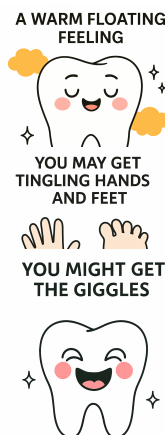
What is Inhalation Sedation?

- Inhalation sedation is a type of sedation treatment that we use in dentistry when people are anxious or frightened of having treatment done at the dentist.
- It works by you breathing a special mixture of gases (oxygen and nitrous oxide) through a nosepiece.
- 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.



What does it feel like?

- The dentist will place the mask on your nose and ask you to breathe through your nose
- The mixture of gases makes you feel more relaxed, and it can give you a nice warm floating feeling too.
- Sometimes it can even give you the giggles (nitrous oxide is also called laughing or happy gas).
- Sometimes you can feel tingling in your hands and feet.
- You are not asleep for the treatment (that is called a general anaesthetic and is only done in hospitals)
- The dental nurse and dentist will be able to talk to you all the time and you will not go to sleep.



What to expect

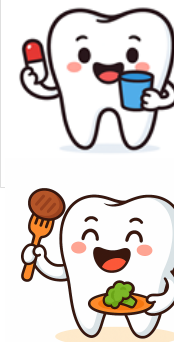
- Inhalation sedation is not only helpful to reduce your anxiety about dental treatment, it is also great at reducing or even stopping the normal pain that you sometimes get with things like injections.
- Inhalation sedation doesn't mean that you don't need to have injections for dental treatment **BUT** if the dentist uses numbing gel too (and we all do here) then there is usually hardly any discomfort with injections.

- The dentist and members of the dental team are trained to give sedation in this way. We will watch you closely during all of the treatment to make sure you are OK.
- Although you will be more relaxed than normal you will still be able to hear us and talk to us if you have any problems.

When you have finished the treatment, we will let you breathe just oxygen through the nosepiece for a couple of minutes to help you feel more normal again. When you feel back to normal you can go home again.

Preparing for your 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.
- You need to be able to breathe through your nose, so if you have a heavy cold, it is better to rearrange your appointment.



When you go home:

It is best to go home and rest and be looked after by a grown up for the rest of the day. You can go back to school if you wish, but you should not do any sports or PE etc. that day.

If you have had local anaesthetic:

- Your cheeks, lips and tongue may be numb for up to 4 hours after the treatment.
- Do not chew cheeks, lips or tongue during this time. Avoid eating if possible until the effects have worn off.
- Discomfort and bruising may be experienced in the site of injection.

