

NITROUS OXIDE SEDATION

Informed Consent Information

Introduction

Nitrous oxide is a colorless, slightly sweet gas that is used during dental treatment for relaxation and anxiety relief. When inhaled, it can induce feelings of euphoria and sedation. It also can produce sensations of drowsiness, warmth and tingling in the hands, feet and/or about the mouth. In the dental setting, it will not induce unconsciousness. You will be able to swallow, talk and cough as needed. Nitrous Oxide is not used to replace local anesthesia but may be used in addition to numbing agents to increase the comfort and placidity of the patient. The patient will be fully awake and alert during the procedure and will be aware of his/her surroundings and be able to respond to questions and directions.

Contraindications

Please let us know if you have any of the following medical conditions, because we may not be able to safely use nitrous oxide: congestive heart failure, chronic obstructive pulmonary disease (COPD), chronic bronchitis, emphysema, chronic asthma, bronchiectasis, pregnancy, hepatitis B or C, tuberculosis, macrocytic anemia, immune diseases, respiratory diseases, middle ear infections, or a history of substance abuse. Also, if you suffer from claustrophobia, you may choose not to use nitrous oxide.

Preoperative guidelines

- Nitrous oxide is administered through a nasal mask. You must be able to breathe through the nose (blocked nasal passages, colds, etc., defeat the idea of using nitrous oxide for relaxation).
- Avoid eating at least 4 (four) hours prior to the dental appointment.
- Avoid caffeinated products before coming in for treatment.
- DO NOT ignore a head or chest cold when having a dental procedure completed. Nitrous oxide is administered through a nasal mask. You must be able to breathe through the nose (blocked nasal passages, colds, etc., defeat the idea of using nitrous oxide for relaxation). **Call immediately if you have any cold symptoms. A change of appointment may be necessary.**
- Nitrous oxide can cause "stomach butterflies" (nausea), which may result in vomiting.
- On the day of your appointment, do not take any antidepressants (unless your dentist is aware of them) or other sedatives unless prescribed by your dentist.
- If you are required to take antibiotic premedication before any dental procedure, please take your antibiotics 60 minutes before your appointment with a small sip of water.

Instructions during nitrous oxide use

Your mask must remain firmly in place during the entire period. Do not breathe through your mouth. Breathe through the nose only. Notify the doctor if you are experiencing difficulty in breathing through your nose. No talking is allowed while nitrous oxide is being used. Talking blows nitrous oxide into the room, lessening the desired effect for you, and exposing the dental staff to the nitrous effects.

Postoperative guidelines

- Recovery from nitrous oxide sedation is rapid (3 to 5 minutes). The gas will be flushed from your system with oxygen.
- If you feel dizzy after the sedation, remain seated and the sensation should pass in a few minutes. Do not leave the office until your head feels clear, and you are able to function (i.e., walk and drive) safely. Should any residual symptoms remain, you must be accompanied by a responsible adult.
- Drink lots of liquids when you get home
- You may resume normal activities once discharged from the office, as long as you feel able to do so

Risks of nitrous oxide

Nitrous oxide sedation is very effective for many people; however, it can cause some temporary effects/complications, including, but not limited to:

- Tingling in the legs, fingers, toes, cheeks, lips, tongue, and head or neck area
- Heaviness in the legs
- Resonance in the voice
- A warm feeling throughout the body
- Flushed cheeks
- Fits of laughter, giddiness, detachment, or disassociation from the environment
- A lightweight or floating sensation
- Sluggishness in motion

- Slurring or repeating of words
- Feelings of nausea
- Vomiting
- Agitation
- Vivid imagination

DRUGS AND MEDICATIONS

I understand that I may receive a local anesthetic and/or other medication. In rare instances, patients may have a severe reaction to the anesthetic, which may require emergency medical attention, or find that it reduces their ability to control swallowing. This increases the chance of swallowing or aspirating foreign objects during treatment. Depending on the anesthesia and medications administered, I may need a designated driver to take me home. Rarely, temporary or permanent nerve injury can result from an injection.

Nerve injury, which may occur from the surgical procedure and/or the delivery of local anesthesia, may result in altered or loss of sensation, numbness, pain, altered feeling in the face, cheek(s), lips, chin, teeth, gums, and/or tongue (including loss of taste), or loss of some senses, including the sense of smell or vision. Such conditions may resolve over time, but in some cases may be permanent.

FINANCIAL RESPONSIBILITY

Please be advised that most dental insurance does not cover the use of Nitrous Oxide. Therefore, you are responsible for the cost of the treatment at the time of the appointment.

Alternatives to nitrous oxide

You may choose not to use nitrous oxide and complete your dental treatment without any treatment for anxiety. You may be referred to a specialist for deeper sedation if you feel you require it. If your dentist feels this is an option for you, you may choose to take an oral sedative or a pill that will relieve your anxiety. This consent is valid for a period of twelve (12) months. I may withdraw my consent at any time.

I understand the previous statements and have had my questions answered.

Patient Name (Print) _____ **Date:** ____/____/____

Patient/Guardian Signature _____ **Date:** ____/____/____

Dr. Signature _____ **Date:** ____/____/____