Lancashire Teaching Hospitals
NHS Foundation Trust

Information for patients and carers

Inhalation Sedation for Adults

What is inhalation sedation?

Sedation helps you relax and cope with fears or anxiety about having dental treatment. With this type of sedation, a mixture of gas and air (laughing gas) is given through a small hood over your nose.

How will it make me feel?

The sedation will make you feel warm, floaty or drowsy. It is not a general anaesthetic and therefore will not make you fall asleep.

Are there any risks?

Occasionally you may feel dizzy or sick however, this is rare and is easily managed by giving less gas and air, so you feel better. Your dentist or therapist will talk to you in more detail if there are any other risks before you sign the consent form.

Do I need local anaesthesia (dental injection)?

You will usually need local anaesthesia to numb the tooth before treatment. The dentist or therapist will discuss this with you further if you do not need this.

Who might not be suitable for sedation?

You need to be able to breathe through your nose and therefore if you have a cold or hay fever it will not be possible to carry out your treatment until you can breathe more clearly.

Patients need to be able to communicate and therefore this may not be suitable for those with a learning disability.

Is treatment always successful this way?

Inhalation sedation is very effective but unfortunately, it is not always possible to carry out your treatment this way, and you will have a discussion with the therapist or dentist as to the way forward.

Consent

We want you to be involved in your care and if you decide to go ahead with treatment, you will be asked to sign a consent form. This states that you wish to have the treatment and understand what it involves.

Before treatment checklist

- You should come accompanied by a responsible adult over the age of 18 years; this person needs to arrive with you and stay in the department whilst you are having your appointment
- Do take any prescribed medication as normal unless told otherwise and let the team know of any changes in your health, please bring an up-to-date list of any medicines that you take
- Eat and drink normally, there is no need to starve
- If you are unwell on the day of the appointment, please ring to check with the team
- Your escort should care solely for you and not anyone else whilst they are here and taking you home, with that in mind please do not bring any children with you

After the appointment

When the treatment is finished, the team will monitor you and give you advice about both your sedation and dental procedure. You may feel unsteady and need to take care leaving the hospital.

For the rest of the day, it is important for your safety that you follow the advice below:

- Do not drive, ride a bicycle or operate machinery, this includes domestic appliances
- Do not use sharp utensils, cook or pour hot liquids
- You must not make important decisions or sign any contracts. Do not use the internet
- Do not be responsible for children or other dependants

Contact details

Should you require further advice or information please contact the Special Care Dentistry department on:

Chorley: **01257 245660** and ask to speak to a member of the Special Care Dentistry team.

Walk in Centre Skelmersdale: Direct Line: **07895 208608.**

Sources of further information

www.lancsteachinghospitals.nhs.uk
www.nhs.uk
www.accessable.co.uk
www.patient.co.uk
www.lancsteachinghospitals.nhs.uk/veteran-aware
https://bepartofresearch.nihr.ac.uk/

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All our patient information leaflets are available on our website for patients to access and download:

www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

Lancashire Teaching Hospitals is a smoke-free site. Smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you come to hospital and will offer you support and advice about stopping smoking this will include Nicotine Replacement Therapy to help manage your symptoms of withdrawal and the opportunity to speak to a nurse or advisor from the specialist Tobacco and Alcohol Care Team.

If you want to stop smoking, you can also contact Smokefree Lancashire on Freephone **08081962638.**

Please ask a member of staff if you would like help in understanding this information.
This information can be made available in large print, audio, Braille and in other languages.

Our patient information group review our leaflets regularly, if you feel you would like to feedback on this information or join our reading group please contact on email address:
patientexperienceandinvolvem@LTHTR.nhs.uk

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