

Inhalation sedation information for parents

What is inhalation sedation?

- > Inhalation sedation is a method sometimes used for helping children relax during dental treatment.
- > It's sometimes called 'happy gas', 'laughing gas', 'relative analgesia' or 'RA'.
- > Inhalation sedation works by breathing in a combination of two gases – nitrous oxide and oxygen.
- > The gases are breathed in and out through a mask resting over your child's nose.
- > The gases produce a calming and relaxing effect. Most children become less aware of their surroundings and may fall asleep because they are so relaxed.
- > Inhalation sedation is very safe. It works quickly, is reversible, can be adjusted in various concentrations and is non allergenic.

Who benefits from inhalation sedation?

Children with:

- > mild to moderate anxiety
- > a gag reflex that interferes with dental care
- > certain special needs.

Your child must be willing to co-operate for inhalation sedation to be useful.

Inhalation sedation may not be suitable if your child:

- > is unable to breathe through their nose
- > has blocked or infected sinuses or ears
- > has severe anxiety or behavioural difficulties
- > has drug related dependencies
- > has certain medical conditions such as chronic obstructive pulmonary disease (COPD).

Please contact the clinic before the appointment if your child has any signs of a cold, blocked nose, ear infection or medical condition.

What will happen at my child's appointment?

The dentist will assess your child's needs and explain the treatment plan.

Inhalation sedation does not replace local anaesthetic but it makes the experience more pleasant.

Are there any after-effects?

Once the gas is turned off, its effects wear off very quickly. Normally there are no lasting effects from the use of gas. Children may feel nauseous or vomit, but this is very rare.

What can I do to help?

- > Speak positively about your child's dental care.
- > Have confidence in your child's ability to cope.
- > On the day of the appointment, give your child small meals only. Large meals may increase the risk of feeling nauseous.

How much does it cost?

There is no fee for inhalation sedation at SA Dental Service clinics for children enrolled in the School Dental Service. Waiting times apply.

Your local clinic will discuss the approximate waiting time and other options available with you. The clinic providing this service will contact you to arrange an appointment.

For more information

SA Dental Service
GPO Box 864
Adelaide SA 5001
Telephone: 1300 008 222

www.sahealth.sa.gov.au/sadental

Interpreters: If you need an interpreter, call the clinic before your appointment, so that staff can arrange for one to be present when you attend



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