

Inhalation Sedation as an Oral Surgery Outpatient

What is Inhalation Sedation?

Inhalation sedation involves breathing a mixture of gases (nitrous oxide and oxygen) through a small nosepiece / mask which covers your nose. The amount of nitrous oxide is increased until there are signs of relaxation.

You may get a feeling of warmth throughout your body as well as some mild tingling and light headedness.

It makes you feel relaxed and drowsy whilst the procedure is carried out.

You will remain awake (conscious) throughout the procedure, and will be able to talk and respond at all times. You will stay in control of your normal reflexes (e.g. coughing). This is not a general anaesthetic.

A local anaesthetic (to numb the area) is usually needed before the treatment is carried out.

Why is inhalation sedation used?

Inhalation sedation can reduce anxiety, helping you to cope with treatment better.

You will have been assessed medically and the procedure explained to you at your assessment appointment before treatment under sedation can be carried out.

Alternatives to this type of sedation will have been discussed with you at your assessment appointment. If you have any further questions regarding this, please contact the department on the numbers at the end of this leaflet.

On the day of your appointment

Do

- ✓ Eat and drink before the appointment, but not a heavy meal
- ✓ Take your medication as normal, unless you have been told not to
- ✓ Wear loose fitting clothing, flat shoes and tie back hair if it is long
- ✓ Attend with a responsible adult escort. This is recommended to everyone but will be required in some circumstances

Do tell the clinician

- ✓ If you are / think you may be pregnant
- ✓ If you are breastfeeding
- ✓ If you have attended your doctor or a hospital or there are changes to your medication since your last appointment

If you have a cough, or cold or other illness, this will affect how well you can breathe the gases. Please contact the clinic before the appointment, as it may be necessary to postpone treatment.

Do not

- ✗ Wear jewellery, especially earrings
- ✗ Drink alcohol for 24 hours before the appointment or take recreational drugs
- ✗ Bring children with you to the appointment

After treatment

At the end of the procedure, you will be given extra oxygen to make you feel more alert. This will speed up your recovery from the effects of the sedation.

You may need to spend time in the recovery area after the treatment is over and will be checked by the clinician or nurse before you go home.

The instructions below are in addition to the instructions given to you regarding the surgery.

After the appointment

- ✗ Drive or ride a bicycle for two hours
- ✗ Operate machinery (including kitchen appliances) for two hours
- ✗ Return to school for one hour
- ✗ Drink alcohol or take recreational drugs for the rest of the day

What are the risks of inhalation sedation

Inhalation sedation is very safe and the effects wear off quickly. If you become too drowsy, you will be given oxygen which will rapidly reverse the drowsiness. Side-effects, such as feeling sick or headache, are unlikely to occur.

What to do if you need help / advice?

If you have any questions before your treatment or have any problems after the treatment, please contact the maxillofacial department on the numbers below.

Monday to Friday 0900 - 1700 hours

01392 402216

01392 403711

01392 403320

Out of Hours

For emergency advice regarding increased swelling or bleeding, please contact or visit your GP, dentist or attend the Emergency Department.

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by Royal Devon staff undertaking procedures at the Royal Devon hospitals.

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