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Nitrous & Oral Sedation

Nitrous Oxide (Gas)

- Nitrous Oxide also known as laughing gas is a combination of nitrous oxide and oxygen. The levels of these two gases are adjusted specifically to each patient according to age, weight and anxiety level
- Nitrous gas reduces anxiety and nervousness allowing the dentist to complete treatment comfortably and safely
- The effects of nitrous oxide wear off within five minutes of removing the gas
- The most significant side effect of nitrous gas is nausea. Therefore we recommend **NO** eating or drinking 2 hours prior to their appointment as well a dose of children's Gravol one hour before their scheduled appointment

Oral Sedation with Nitrous

Depending on the cooperation level of your child and the extent of treatment required, it may be necessary to combine nitrous oxide with an oral sedative.

- Because the oral sedation medication works best on an empty stomach it is best your child fast 2 hrs prior to the appointment
- Your appointment begins 30 minutes prior to the procedure at this time we will administer the oral sedation medication.(Midazolam)
- Sedation usually takes place within 30 minutes
- Dress your child in comfortable clothing. If they have a favourite stuffed animal or blanket and wish to bring that along to their appointment that would be fine
- The most common side effect of this type of sedation is nausea. Therefore we recommend you give your child a dose of Children's Gravol one hour prior to their scheduled appointment
- Most children return to their normal state within 2-3 hours of their appointment, however some children may require up to 6 hours or more for the effects to wear off
- A responsible adult will need to remain with the child for the remainder of the day and he/she not return to school or daycare

Parents are welcome in the dental operatory while treatment is being performed however we do ask you respect the environment and remain in the "Parent Chair" and let the dentist and assistant complete the treatment your child requires. Some parents prefer to remain in the reception area and that is fine. Rest assured your child is in a professional, caring atmosphere.

Please **DO NOT** "over prepare" your child. Let us discuss your child's treatment with him/her, we have our own terminology we would like to use – "verbiage" is key.

In our experience children's reactions to treatment can be related to the parent/guardians behaviour. If you, the parent/guardian are relaxed the child may be relaxed. We understand the need for reassuring your child, however most often this has an adverse effect. The child begins to feel perhaps they *should* be upset about what is happening if you are touching and or questioning how they are continually. Please feel free to discuss any questions or concerns with us at your convenience.