

NITROUS OXIDE SEDATION



Breathing nitrous oxide produces a pleasant state of relaxation.

While breathing nitrous oxide, you may notice some of the following conditions:

- Tingling of the hands and feet
- Numbness around the mouth
- A floating feeling
- Calmness
- Relaxation
- Heaviness of the limbs
- Warm sensation

Nitrous oxide sedation is not to be used if you have any of the following conditions:

- Moderate to severe chronic obstructive pulmonary disease (emphysema, chronic bronchitis, chronic asthma)
- Symptoms of an upper respiratory infection (nose breathing obstructed due to common cold)
- Severe and poorly compensated cardiac disease
- Pregnancy

Before using nitrous oxide sedation, a meal should not be consumed at least 4 hours before your appointment.

Even though the recovery time from nitrous oxide sedation is within 5 to 10 minutes, you are advised not to drive for 30 minutes following the use of the nitrous oxide.