

## **Nitrous Oxide Information & Informed Consent**

### **Why Nitrous Oxide?**

Most children are calm, comfortable, and confident in a pediatric dental office. Our office is designed for young people, and our doctors have additional training in caring for infants, children, and adolescents. Our team members all have chosen to work in a pediatric dental office because we like children and want to cater to their special needs. These elements combine to make your child feel relaxed and special. Sometimes, however, a child may feel anxious before or during treatment. Your child may need more support than a gentle, caring manner to feel comfortable. Nitrous oxide/oxygen is a safe, effective sedative agent used to calm a child's fear of the dental visit and enhance effective communication. Additionally, it works well for children whose gag reflex interferes with dental treatment.

### **What is nitrous oxide/oxygen?**

Nitrous oxide/oxygen is a blend of two gases—oxygen and nitrous oxide. A fitted mask is placed over your child's nose, and as the patient breathes normally, uptake occurs through the lungs. At the end of treatment, it is eliminated after a short period of breathing oxygen and has no lingering effects.

### **How will my child feel when breathing nitrous oxide/oxygen?**

Your child will smell a faint sweet aroma and experience a sense of well-being and relaxation. Since it may produce a feeling of giddiness or euphoria, it is often called "laughing gas." Children sometimes report dreaming and their arms and legs may feel "tingly." It raises the pain threshold and may even make the time appear to pass quickly. If your child is worried by the sights, sounds, or sensations of dental treatment, he or she may respond more positively with the use of nitrous oxide/oxygen.

### **How safe is nitrous oxide/oxygen?**

Very safe. Nitrous oxide/oxygen is perhaps the safest sedative in dentistry. It is well tolerated. It has a rapid onset, is reversible, can be adjusted in various concentrations and is non-allergenic. Your child remains fully conscious—keeps all natural reflexes—when breathing nitrous oxide/oxygen. He/she will be capable of responding to questions or requests.

### **Are there special instructions for nitrous oxide/oxygen?**

First, give your child little or no food in the **two hours** preceding the dental visit (occasionally, nausea or vomiting occurs when a child has a full stomach\*). Second, let us know about any respiratory conditions that make breathing difficult for your child, as it may limit the effectiveness of nitrous oxide/oxygen. Third, let us know if your child is taking any medications the day of the appointment.

*\*According to the AAPD, nausea and vomiting are the most common adverse effects, occurring in 0.5 percent of patients. A higher incidence is noted with longer administration of nitrous oxide/ oxygen, fluctuations in nitrous oxide levels, and increased concentrations of nitrous oxide. Fasting is not required for patients undergoing nitrous oxide analgesia/anxiolysis. The practitioner, however, may recommend that only a light meal be consumed in the two hours prior to the administration of nitrous oxide.*

### **Will Nitrous oxide/oxygen work for all children?**

Pediatric dentists know that all children are not alike. Every service is tailored to your child as an individual. Nitrous oxide/oxygen may not be effective for some children, especially those who have severe anxiety, nasal congestion, or discomfort wearing a nasal mask. We will review your child's medical history, level of anxiety, and dental treatment needs and inform you if nitrous oxide/oxygen is recommended for your child.

*According to the AAPD, contraindications for use of nitrous oxide/oxygen inhalation may include: 1. Some chronic obstructive pulmonary diseases. 2. Severe emotional disturbances or drug-related dependencies. 3. First trimester of pregnancy. 4. Treatment with bleomycin sulfate. 5. Methylenetetrahydrofolate reductase deficiency. 6. Cobalamin deficiency.*

### **Are there restrictions with nitrous oxide/oxygen and pregnancy?**

If you are pregnant or think you may be pregnant, you may not stay in the room during treatment with the use of nitrous oxide/oxygen.

### **AUTHORIZATION FOR USE OF NITROUS OXIDE/OXYGEN**

I acknowledge reading and understanding all of the above content. I have been encouraged to ask questions about the use of nitrous oxide/oxygen and other anxiety reducing techniques and they have been answered in a satisfactory manner. I authorize Dr. Rajneesh K. Dail to use nitrous oxide/oxygen to help my child through his/her appointment. I acknowledge that I have not been coerced/ forced to sign this consent and that I have been given the alternative to withdraw from it.

Child's Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Legal Guardian Printed Name: \_\_\_\_\_ Relationship to child: \_\_\_\_\_

Legal Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_