



Southern Care Dental
652 Great South Road
Manukau 2104
New Zealand
Phone: 09 215 2030
www.southerncaresdental.co.nz

Nitrous Oxide Sedation – Patient Consent Form

Nitrous Oxide Sedation is commonly used in dentistry for a wide variety of procedures and provides a safe, comfortable and pleasant dental experience. It is commonly known as 'laughing gas' and is very popular for people who are anxious about the dental procedure, and especially useful for younger children.

Depending on the concentration and length of administration of laughing gas, four levels of sedation can be experienced (after an initial feeling of light-headedness):

1. a tingling sensation, especially in the arms and legs, or a feeling of vibration ("parasthesia"), quickly followed by
2. warm sensations, and
3. a feeling of well-being, euphoria and/or floating. During heavier sedation, hearing may dissolve into a constant, electronic-like throbbing.
4. At a deeper level of sedation again, sleepiness, difficulty to keep one's eyes open or speak ("dream") can occur.

If you experience any unpleasant symptoms, let your dentist know so that they can adjust the percentage of N₂O. Alternatively, just take the mask off.

REMEMBER: Sedation works for approximately 90-95% of anxious adults, but only works for approximately 80% of children due to their high brain activity. It is NOT suitable for very young children (under 4), and for prolonged (1 hour or more) procedures for younger patients (between 5-12). If your child is unable to be sedated, they will need a GENERAL ANAESTHETIC with a specialist at the hospital (public or private).

I have had the opportunity to obtain additional information regarding the procedure, and any questions I have asked the dentist have been answered to my full satisfaction.

Finally, I acknowledge that I have read and fully understood the consent form. I sign it freely and voluntarily.

Patient Name: _____ Date: _____

Patient/Guardian's Signature : _____

Parent/Guardian: _____

Dentist: Lorraine Lim (BDS Otago)



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Nitrous Oxide Sedation – Patient Instructions

Before the Sedation Appointment:

Please tell us of ANY drugs you are taking (including recreational drugs and alcohol – This information is important and confidential.) and medical problems. This is very important – failure to notify us of your drug usage may make your sedation unpredictable or ineffective when Nitrous Oxide is used with certain drugs or medical conditions.

- YOU MUST BE ABLE TO BREATHE THROUGH YOUR NOSE – if you have a cold, please reschedule the appointment because the sedation **will not work**.
- All children having Nitrous Oxide Sedation must be accompanied by a responsible adult.
- Aim to have your last meal eg breakfast, **4 hours before the appointment time**. However, young children can eat a **light snack of crackers 2 hours before the procedure**.
- A glass of water is ok 2 hours prior to the appointment. No drinks after that.
- Do not wear tight clothing – sleeves especially should be easily drawn up past elbow.
- If you wear contact lenses, please remove them at the appointment time.
- If you wear removable dentures, please remove them at the appointment time.
- Please visit the toilet prior to entering the surgery.

After the Sedation Appointment:

Nitrous Oxide sedation works on your brain and you may not fully be aware until its effects have worn off. It takes approximately 10-15 minutes for the effects to wear off, and it is perfectly safe to drive/carry on with light activities after the appointment. Children do tend to be quite relaxed and sleepy after the procedure, and ideally should go home to rest.

Please understand that your safety and comfort are of utmost importance to us. The details above should help you and I to achieve that.

Please do not hesitate to ask us any questions. Thank you for your time.