



Dr. Pooja Pandya
22-140 East Chestermere Drive
Chestermere, Alberta T1X 1M1
403-235-2282

Nitrous Oxide Analgesia Consent And Pre & Post Operative Instructions

Patient Name: _____

Nitrous oxide (or “laughing gas”) can greatly minimize anxiety that might be associated with going to the dentist. In a relaxed state, you or your child will still be able to communicate with the dentist while treatment is being performed. Even though it is safe, effective and wears off before you leave the dental office, you should be aware of some important precautions and considerations.

Instructions Before Nitrous Oxide

1. This consent form and the dental treatment consent form should be signed before you or your child takes the medication.
2. Do NOT eat or drink anything 2 hours prior to the appointment. This includes water. Nitrous oxide can cause “stomach butterflies” and nausea, which may result in vomiting.
3. Do NOT wear nail polish, shellac, or acrylic nails. An oximeter will be placed on your finger to monitor your pulse and oxygen and does not work well on nail varnish or fake nails.
4. Nitrous oxide should not be used if you are pregnant.
5. Do NOT ignore a head or chest cold when having a dental procedure completed. Nitrous oxide is administered through a nasal mask. You must be able to breathe through your nose (blocked nasal passages, colds, etc., defeat the idea of using nitrous oxide for relaxation). Call immediately if you have any cold symptoms. A change of appointment may be necessary.
6. Tell the dentist if you or your child are taking any medications. On the day of your appointment, do not take any antidepressants (unless your dentist is aware of them) or other sedatives unless prescribed by your dentist.
7. If you are required to take antibiotic premedication before any dental procedure, please take your antibiotics 1 HOUR before your appointment with a small sip of water.
8. Have an ice pack available at home to apply post operatively.

Instructions During Nitrous Oxide

1. You or your child will begin to feel the effects of nitrous oxide in about 5 minutes. It is always mixed with oxygen, and you will be breathing as much or more oxygen than normal room air during the procedure. You will feel very relaxed, your speech may be slurred, and your fingers and toes may tingle. At the end of the procedure, you will begin breathing 100% oxygen for a minimum of 5 minutes in order for the effects of nitrous oxide to wear off by the time you leave the office.
2. Side effects may include light-headedness, headache, dizziness, nausea, vomiting, and tingling of your extremities.
3. A local anesthetic will be used during the dental procedure.
4. Breathe through the nose only. Notify the doctor if your experiencing difficulty breathing through your nose. Unless required, no talking is allowed while nitrous oxide is being used. Talking blows nitrous oxide into the room, lessening the desired affect for you, and exposing the dental staff to the nitrous effects.

Instructions Following Nitrous Oxide

1. Recovery status will be assessed following the procedure. Only fully recovered individuals can be considered for discharge unaccompanied. Should any residual symptoms remain, you must be accompanied by a responsible adult.
2. If you drove to this office, you should be able to drive home. The effects of the nitrous oxide should have worn off by the time you leave the clinic.

I understand these considerations and am willing to abide by the conditions stated above. I have had an opportunity to ask questions and have had them answered to my satisfaction.

Signed (patient): _____

Date: _____

Signed (guardian, if patient is under 18 years old): _____